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# FOOD BUYING GUIDE

*for TYPE A school lunches*



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# FOOD BUYING GUIDE

## for TYPE A school lunches //

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# FOOD BUYING GUIDE FOR TYPE A SCHOOL LUNCHES

This Food Buying Guide provides information for planning and calculating quantities of food to be purchased and used by schools serving Type A lunches in the National School Lunch Program.

This edition of the Food Buying Guide includes changes resulting from new developments in food production and processing as well as changes in marketing procedures, packaging, and quality of foods available today. The recommendations are based on yield data obtained from many food service units, food processors, and research laboratories. Yields of edible food vary with the quality and condition of the food purchased. Yields of foods also are influenced by care in storage of food, by kind of equipment used in preparation, by the cooking method, and the form of the food to be served. The number of servings used in this publication are average figures based on yields from good quality foods prepared by methods that result in a minimum of waste.

Use and careful application of the information in this buying guide by school lunch personnel and purchasing agents will help to insure:

- Economical menu planning and food purchasing.
- Adequate amounts of various foods to prepare Type A lunches for the number of children to be served.

## EXPLANATION OF TABLES

Foods in this guide are classified according to the Type A lunch pattern of the National School Lunch Program (see page 2). In addition, there is a section on Other Foods used in the preparation of lunches.

The foods are listed in the following sections:

- Bread, Butter, Milk
- Meat and Meat Alternate
- Vegetables, Fruits
- Other Foods

The information in the Food Buying Guide is presented in tabular form for easy reference. The columns are identified by numbers from 1 through 6, as follows:

**COLUMN 1—FOOD AS PURCHASED:** Within each of the four major sections listed above, the individual foods are arranged in alphabetical order. The foods are listed according to the forms in which they are obtained on the market—fresh, canned, frozen, or dehydrated. These foods are further described as sliced, shelled, or without bone, to indicate preparation that is done by the food processor.

**COLUMN 2—PURCHASE UNIT:** The unit of purchase specified for most foods in this guide is one pound. In addition, the purchase units for many processed foods include an institutional pack and the net weight of its contents. Data on the one-pound unit of purchase can be used to determine number of servings for any other size purchase unit on the market.

**COLUMN 3—SERVINGS PER PURCHASE UNIT:** This column shows the number of servings or portions of a given size from each purchase unit. Numbers are reported in two decimals because they are used to calculate the number of servings from other purchase units on the market, and also to calculate the amount of food needed for large numbers of servings. It is because of the use of these figures, and not because the figures represent this degree of accuracy, that they have been reported to the nearest 0.01 of a serving for less than 10 servings per

purchase unit. See page 8 for instructions on using data in column 3.

**COLUMN 4—SERVING SIZE OR PORTION:** The size of a serving or portion is given as a weight, measure, or number of pieces or slices. For such items as a raw apple or a piece of cooked chicken, the approximate yield in measure or weight is given in parentheses. The serving size given in this column for foods specified in the Type A lunch pattern will either meet the Type A lunch requirement or can be credited toward it. Most of the fruits and vegetables include 1/2 cup and 1/4 cup servings to help meet the nutritional needs of children in different age groups. The portion of some foods in the guide is determined by their use in lunches or in recipes.

**COLUMN 5—PURCHASE UNITS FOR 100 SERVINGS:** This column shows the number of purchase units needed for 100 servings or portions. The purchase unit listed in column 2 and the serving size (by weight) listed in column 4 were used to calculate the number of purchase units in column 5. The numbers in this column are reported in two decimals to assure enough food for 100 servings. Less than 1 purchase unit is reported in 2 decimals and more than 1 purchase unit is raised to the nearest 0.05. See page 8 "How to Calculate the Quantity of Food Needed" (Method 1) for instructions on using data in column 5 for other than 100 servings.

**COLUMN 6—ADDITIONAL YIELD INFORMATION:** In this column other information is given to help the food manager calculate the amount of food needed to prepare school lunches. For many foods, the quantity of ready-to-cook or cooked food obtained from a pound of food as purchased is shown. The weight or number of cups of drained fruit or vegetable from a No. 10 can is also given for many processed foods. See page 7, "How to Use Additional Yield Information in Column 6" for instructions on calculating the quantity of food to purchase to provide the amount of ready-to-cook food called for in a recipe.

## THE TYPE A LUNCH PATTERN

THE TYPE A LUNCH PATTERN is a guide to well-balanced lunches. It is designed as an aid in planning lunches that will help meet the child's nutritional needs. To meet the requirements of the National School Lunch Program, the Type A lunch must contain as a minimum:

### MEAT OR MEAT ALTERNATE

- 2 ounces (edible portion as served) of lean meat, poultry, or fish; or
- 2 ounces of cheese; or
- 1 egg and a half portion of meat or other meat alternate; or
- 1/2 cup of cooked dry beans or peas; or
- 4 tablespoons of peanut butter; or
- An equivalent quantity of any combination of the above listed foods.

To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

### VEGETABLES AND FRUITS

A 3/4-cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

### BREAD

- 1 slice of whole-grain or enriched bread; or
- 1 serving of other bread such as cornbread, biscuits, rolls, muffins, made of whole-grain or enriched meal or flour.

### BUTTER OR FORTIFIED MARGARINE

- 1 teaspoon of butter or fortified margarine.

This food may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

### WHOLE MILK

- 1/2 pint fluid whole milk served as a beverage.

The kinds and amounts of foods listed above are approximate amounts of foods to serve to 10- to 12-year-old boys and girls. When these foods are used in the amounts specified and in combination with OTHER FOODS needed to satisfy the appetite, the lunches will make a significant contribution toward the daily dietary allowances recommended by the National Research Council for 10- to 12-year-old boys and girls.

Since younger children are not always able to eat the full Type A lunch, the regulations permit serving these children lesser amounts of selected foods than are specified above.

To meet the nutritional needs of teenagers, the regulations endorse encouraging the serving to older boys and girls of larger amounts of selected foods than are specified in the Type A lunch requirements.

See the Type A School Lunch Guide to the Amounts of Food for Boys and Girls of Specified Ages on page 3.

## THE TYPE A SCHOOL LUNCH GUIDE TO THE AMOUNTS OF FOOD FOR BOYS AND GIRLS OF SPECIFIED AGES

| Pattern  | Pre-school children<br>(3 up to 6 years) | Elementary school children |                   | Secondary schools<br>girls and boys<br>(12 up to 18 years)* <sup>1</sup> |
|--|--|----------------------------|-------------------|--|
|  |  | 6 up to 10 years           | 10 up to 12 years |  |
| <b>Meat and/or alternate:</b><br>One of the following or combinations to give equivalent quantities: |  |                            |                   |  |
| Meat, poultry, fish .....  | 1-1/2 ounces                             | 2 ounces                   | 2 ounces          | 3 ounces   |
| Cheese .....   | 1-1/2 ounces                             | 2 ounces                   | 2 ounces          | 3 ounces   |
| Egg <sup>2</sup> .....   | 1  | 1                          | 1                 | 1  |
| Cooked dry beans or peas .....   | 1/4 cup                                  | 1/3 cup                    | 1/2 cup           | 3/4 to 1-1/4 cups  |
| Peanut butter .....  | 2 tablespoons                            | 3 tablespoons              | 4 tablespoons     | 4 to 5 tablespoons   |
| Vegetable and/or fruit <sup>3</sup> .....  | 1/2 cup                                  | 3/4 cup                    | 3/4 cup           | 1 to 1-1/2 cups  |
| Bread <sup>4</sup> .....   | 1/2 slice                                | 1 slice                    | 1 slice           | 1 to 3 slices  |
| Butter or fortified margarine .....  | 1/2 teaspoon                             | 1 teaspoon                 | 1 teaspoon        | 1 to 2 teaspoons   |
| Milk .....   | 3/4 cup <sup>5</sup>                     | 1/2 pint                   | 1/2 pint          | 1/2 pint   |

<sup>1</sup> When a range in amounts is given, the smaller amounts are suggested for girls and the larger amounts for older boys. An amount midway between the amounts shown is suggested for younger boys.

<sup>2</sup> When egg is served as the main dish in the lunch, use in addition a half portion of meat or other meat alternate for all children except those 3 up to 6 years.

<sup>3</sup> Must include at least two kinds.

<sup>4</sup> Or a serving of cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour.

<sup>5</sup> If this is impractical, serve 1/2 pint.

\*NOTE: These portion sizes also serve as a guide for the amounts of foods to serve older boys and girls (12 and over) in the Special Food Service Program.

## ABBREVIATIONS

|       |                |
|-------|----------------|
| AP    | as purchased   |
| EP    | edible portion |
| Cyl   | cylinder       |
| pkg   | package        |
| tsp   | teaspoon       |
| Tbsp  | tablespoon     |
| lb    | pound          |
| pt    | pint           |
| qt    | quart          |
| gal   | gallon         |
| oz    | ounce          |
| fl oz | fluid ounce    |
| No.   | number         |
| wt    | weight         |
| incl. | including      |
| excl. | excluding      |

## EQUIVALENT COMMON FOOD MEASURES

|              |                                   |
|--------------|-----------------------------------|
| 1 tablespoon | 3 teaspoons                       |
| 1/8 cup      | 2 tablespoons or<br>1 fluid ounce |
| 1/4 cup      | 4 tablespoons                     |
| 1/3 cup      | 5-1/3 tablespoons                 |
| 1/2 cup      | 8 tablespoons                     |
| 2/3 cup      | 10-2/3 tablespoons                |
| 3/4 cup      | 12 tablespoons                    |
| 1 cup        | 16 tablespoons                    |
| 1/2 pint     | 1 cup or<br>8 fluid ounces        |
| 1 pint       | 2 cups                            |
| 1 quart      | 2 pints                           |
| 1 gallon     | 4 quarts                          |
| 1 peck       | 8 quarts or<br>2 gallons          |
| 1 bushel     | 4 pecks                           |
| 1 pound      | 16 ounces                         |

## MEASURES FOR PORTION CONTROL

Scoops or dippers, ladles, and serving spoons of standard sizes are dependable measures available for serving food quickly.

### SCOOPS OR DIPPERS

The number of the scoop indicates number of scoopfuls to make 1 quart. The following table shows the level measure of each scoop or dipper in cups or tablespoons:

| Scoop or dipper No. | Level measure     |
|---------------------|-------------------|
| 6                   | 2/3 cup           |
| 8                   | 1/2 cup           |
| 10                  | 2/5 cup           |
| 12                  | 1/3 cup           |
| 16                  | 1/4 cup           |
| 20                  | 3-1/5 tablespoons |
| 24                  | 2-2/3 tablespoons |
| 30                  | 2-1/5 tablespoons |
| 40                  | 1-3/5 tablespoons |

Scoops or dippers may be used for portioning such foods as drop cookies, muffins, meat patties, and some vegetables and salads.

### LADLES

Ladles may be used to serve soups, stews, creamed dishes, sauces, gravies, and other similar products.

The following sizes of ladles are most frequently used for serving school lunches.

|         |
|---------|
| 1/4 cup |
| 1/2 cup |
| 3/4 cup |
| 1 cup   |

### SERVING SPOONS

A serving spoon (solid or perforated) may be used instead of a scoop. Since these spoons are not identified by number, measure or weigh the quantity of food from various sizes of spoons used in order to obtain the approximate serving size desired (USDA Recipe Card File, PA-631).

**DECIMAL EQUIVALENTS IN PARTS OF ONE POUND, ONE CUP, OR ONE GALLON  
FOR DIFFERENT UNITS**

| Number of units<br>(ounces, tablespoons, or cups) <sup>1</sup> | +0 unit | +1/4 unit | +1/3 unit | +1/2 unit | +2/3 unit | +3/4 unit |
|--|---------|-----------|-----------|-----------|-----------|-----------|
| <b>Decimal equivalent of one pound, one cup, or one gallon</b> |         |           |           |           |           |           |
| 0  |         | 0.016     | 0.021     | 0.031     | 0.042     | 0.047     |
| 1  | 0.062   | .078      | .083      | .094      | .104      | .109      |
| 2  | .125    | .141      | .146      | .156      | .167      | .172      |
| 3  | .188    | .203      | .208      | .219      | .229      | .234      |
| 4  | .250    | .266      | .271      | .281      | .292      | .297      |
| 5  | .312    | .328      | .333      | .344      | .354      | .359      |
| 6  | .375    | .391      | .396      | .406      | .417      | .422      |
| 7  | .438    | .453      | .458      | .469      | .479      | .484      |
| 8  | .500    | .516      | .521      | .531      | .542      | .547      |
| 9  | .562    | .578      | .583      | .594      | .604      | .609      |
| 10   | .625    | .641      | .646      | .656      | .667      | .672      |
| 11   | .688    | .703      | .708      | .719      | .729      | .734      |
| 12   | .750    | .766      | .771      | .781      | .792      | .797      |
| 13   | .812    | .828      | .833      | .844      | .854      | .859      |
| 14   | .875    | .891      | .896      | .906      | .917      | .922      |
| 15   | .938    | .953      | .958      | .969      | .979      | .984      |

<sup>1</sup> The units are read at the side and top of the table. If the units are ounces, the decimal equivalents given in the body of the table are parts of one pound. If the units are tablespoons, the decimal equivalents are parts of one cup. If the units are cups, the decimal equivalents are parts of one gallon.

**EXAMPLES OF USES:**

*Ounces to pounds.*—To convert 10-1/2 ounces to the corresponding decimal equivalent of a pound, find 10 in the first column. Follow this line across to the column headed “+1/2 unit” which shows that 0.656 pound corresponds to 10-1/2 ounces.

*Pounds to ounces.*—To convert the decimal 0.531 pound to ounces, find 0.531 in the body of the table. Then, in the first column find the number which is on the same horizontal line, i.e., 8. Next, add the number from the heading of the column in which 0.531 was found, i.e., 1/2. Thus, 0.531 pound corresponds to 8-1/2 ounces.

*Number of servings for different size cans.*—To determine number of servings for can sizes not shown in this guide, use the net weight of the contents of the can as given on the label. If the net weight of a No. 2-1/2 can of apples is 1 lb 10 oz, find 10 in the first column of the table. Opposite 10 and under column heading “+0 unit” is 0.625. Therefore, 1 lb 10 oz = 1.625 lb. This number, 1.625, multiplied by 4.22 (number of 1/2-cup servings per pound of canned apples, page 39) = 6.86, number of 1/2-cup servings from a No. 2-1/2 can of apples.

## COMMON CAN AND JAR SIZES

| Can size<br>(industry term) | Average net weight or fluid<br>measure per can (see note)  | Average cups<br>per can   | Cans per case      | Principal products   |
|-----------------------------|--|---------------------------|--------------------|--|
| No. 10                      | 6 lb 3 oz (99 oz)<br><i>to</i><br>7 lb 5 oz (117 oz)       | <i>Number</i><br>12 to 13 | <i>Number</i><br>6 | Institution size—fruits, vegetables,<br>and some other foods.  |
| No. 3 Cyl                   | 51 oz (3 lb 3 oz)<br><i>or</i><br>46 fl oz (1 qt 14 fl oz) | 5-3/4                     | 12                 | Institution size—condensed soups,<br>some vegetables, and meat and<br>poultry products. Economy family<br>size—fruit and vegetable juices. |
| No. 2-1/2                   | 27 oz (1 lb 11 oz)<br><i>to</i><br>29 oz (1 lb 13 oz)      | 3-1/2                     | 24                 | Family size—fruits, some vegetables.   |
| No. 2 Cyl                   | 24 fl oz   | 3                         | 24                 | Family size—juices, soups.   |
| No. 2                       | 20 oz (1 lb 4 oz)<br><i>or</i><br>18 fl oz (1 pt 2 fl oz)  | 2-1/2                     | 24                 | Family size—juices, ready-to-serve<br>soups, and some fruits.  |
| No. 303                     | 16 oz (1 lb) to 17 oz<br>(1 lb 1 oz)                       |                           | 24 or 36           | Small cans—fruits and vegetables,<br>some meat and poultry products,<br>and ready-to-serve soups.  |
| No. 300                     | 14 oz to 16 oz (1 lb)                                      | 1-3/4                     | 24                 | Small cans—some fruits and meat<br>products.   |
| No. 2 (vacuum)              | 12 oz  | 1-1/2                     | 24                 | Principally for vacuum pack corn.  |
| No. 1 (Picnic)              | 10-1/2 to 12 oz  | 1-1/4                     | 48                 | Small cans—condensed soups, some<br>fruits, vegetables, meat, and fish.  |
| 8 oz                        | 8 oz   | 1                         | 48 or 72           | Small cans—ready-to-serve soups,<br>fruits, vegetables.  |

NOTE: The net weight on can or jar labels differs among foods due to different densities of foods. For example: A No. 10 can contains 6 lb 3 oz sauerkraut or 7 lb 5 oz cranberry sauce. Meats, fish, and shellfish are known and sold by weight of contents of can.

## GUIDE FOR SUBSTITUTING SMALLER CANS FOR NO. 10 CAN

| Can size  | Average net weight or fluid measure per can | Approximate number of cans<br>to use in place of No. 10 can |
|-----------|---|---|
| No. 3 Cyl | 46 fl oz or 51 oz                           | 2.1   |
| No. 2-1/2 | 27 oz to 29 oz                              | 3.7   |
| No. 2 Cyl | 24 fl oz                                    | 4.2   |
| No. 2     | 18 fl oz or 20 oz                           | 5.3   |
| No. 303   | 16 oz to 17 oz                              | 6.5   |

## HOW TO USE ADDITIONAL YIELD INFORMATION IN COLUMN 6

The yield information in column 6 may be used to determine the quantity of food required for a specified amount of ready-to-cook or cooked food listed in a recipe.

For example, a recipe for Baked Sweetpotatoes and Apples for 100 servings calls for 4 pounds of raw, sliced, pared apples. To determine the quantity of fresh apples needed, proceed as follows:

- Refer to yield information on fresh apples (page 39, column 6) which shows that 1 lb AP=0.76 lb ready-to-cook pared apples.
- Divide the number of pounds (4) of raw, sliced apples listed in recipe by the quantity of ready-to-cook apples obtained from 1 lb as purchased, or 0.76 lb:  

$$4.00 \text{ lb} \div 0.76 \text{ lb} = 5.26 \text{ pounds or } 5.30 \text{ pounds.}$$
- Thus, about 5 pounds 5 ounces of fresh apples of good quality are needed to prepare Baked Sweetpotatoes and Apples for 100 servings.

## HOW TO MAKE COST COMPARISONS

The food manager can compare the cost per serving for food purchased in different market forms by using the numbers in column 5.

To calculate the cost of a serving, find the number of purchase units for 100 servings in column 5, divide by 100 by moving the decimal two places to the left, and multiply this number by the cost of one purchase unit, as follows:

$$\frac{\text{Purchase units for 100 servings}}{\text{Divided by 100}} \times \text{Cost of purchase unit} = \text{Cost per serving}$$

Calculate the cost per serving of each market form being considered for purchase and compare them. For example, to determine whether ham with bone or ham without bone is the better buy, consider the cost per serving of each:

| Food as purchased      | Cost per pound | Number of purchase units to serve 100 | Purchase units divided by 100 times the cost per pound | Cost per serving |
|------------------------|----------------|---------------------------------------|--|------------------|
| Ham with bone .....    | \$0.72         | 18.70                                 | 0.1870 x \$0.72  | \$0.14           |
| Ham without bone ..... | 1.15           | 16.30                                 | .1630 x 1.15   | .19              |

Thus, the food cost per serving (2 ounces cooked lean meat) is 5 cents less when ham with bone rather than ham without bone is purchased.

# HOW TO CALCULATE QUANTITY OF FOOD NEEDED

## METHOD 1. (Use column 5)

The purchase units for 100 servings in column 5 may be used to determine the amount needed to prepare a specified number of servings of a given size.

Assume that beef patties (2 ounces cooked meat) will be served to 325 children. To determine the quantity of ground beef needed, proceed as follows:

- Refer to yield information on GROUND BEEF, Market style (page 16, column 5), which shows that 17.20 pounds are needed for 100 2-ounce servings of cooked meat.
- Multiply the number of servings needed (325) by the number of pounds (17.20) of ground beef needed for 100 servings. Divide the answer by 100 by moving the decimal two places to the left.

$$325 \times 17.20 \text{ pounds} = 5590.00$$

$$5590 \div 100 = 55.90 \text{ or about } 56 \text{ pounds}$$

*or*

As a shortcut, move the decimal in column 5 two places to the left and multiply this number by the number of servings needed (.1720 pounds  $\times$  325 = 55.90 or about 56 pounds).

## METHOD 2. (Use column 3)

The number of servings per purchase unit in column 3 may also be used to determine the amount of food needed for a specified number of servings.

Assume that beef patties (2 ounces cooked meat) will be served to 325 children. To determine the quantity of ground beef needed, proceed as follows:

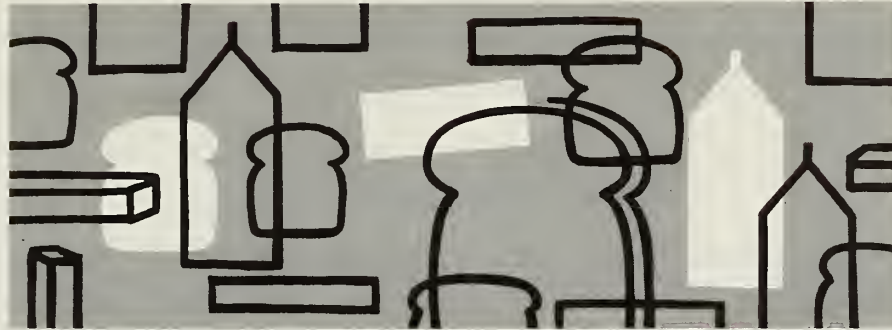
- Refer to yield information on GROUND BEEF, Market style (page 16, column 3), which shows that 5.84 2-ounce servings of cooked meat can be obtained from one pound of ground beef.
- Divide the number of servings needed (325) by the number of servings obtained from one pound (5.84):

$$325 \div 5.84 = 55.65 \text{ or about } 56 \text{ pounds}$$

Thus, by either method of calculation about 56 pounds of ground beef of good quality is needed to provide 325 servings of beef patties.



# Bread • Butter • Milk



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## **BREAD, BUTTER, MILK**

This section includes yield information on three components of the Type A lunch—Bread, Butter or Fortified Margarine, and Fluid Whole Milk.

The data on BREADS includes yield information on common types of bakery breads that can be purchased sliced on the market. The size and shape of loaves and the thickness and number of slices per loaf will vary among bakers and localities.

Bench-made, hand-shaped breads such as the French and Vienna varieties differ greatly in length and width; therefore, the average number of slices per loaf could not be determined. A serving of such breads should be comparable in amount to regular sliced bread.

All breads—commercially baked and school-baked breads such as cornbread, biscuits, rolls, muffins—must be made of whole-grain or enriched flour or meal to meet the bread requirement of the Type A lunch (page 2).

BUTTER or FORTIFIED MARGARINE may be used as a spread on bread, as a seasoning, or in preparation of other foods in the lunch. One teaspoon of butter or fortified margarine meets the requirement of the Type A lunch.

One-half pint FLUID WHOLE MILK must be served as a beverage to meet the requirement of the Type A lunch.

## BREAD, BUTTER, MILK

| Food as purchased<br>(1) | Purchase unit<br>(2)   | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|--------------------------|------------------------|--|--------------------------------|---|--|
| <b>BREAD, ROLLS</b>      |                        |  |                                |   |  |
| <b>BREADS</b>            |                        |  |                                |   |  |
| Raisin .....             | 1-lb loaf .....        | 16   | 1 slice .....                  | 6.25  |  |
|                          | 2-lb loaf .....        | 34   | 1 slice .....                  | 2.94  |  |
| Rye .....                | 1-lb loaf .....        | 16   | 1 slice .....                  | 6.25  |  |
|                          | 1-1/2-lb loaf .....    | 25   | 1 slice .....                  | 4.00  |  |
|                          | 2-lb loaf .....        | 34   | 1 slice .....                  | 2.94  |  |
| White .....              | 1-lb loaf .....        | 16   | 1 slice .....                  | 6.25  |  |
|                          |                        |  | (3/8 inch thick)               |   |  |
|                          | 1-1/2-lb loaf .....    | 25   | 1 slice .....                  | 4.00  |  |
|                          |                        |  | (3/8 inch thick)               |   |  |
|                          | 2-lb sandwich<br>loaf. | 26   | 1 slice .....                  | 3.85  |  |
|                          |                        | 34   | 1 slice .....                  | 2.94  |  |
|                          |                        | (3/8 inch thick)                           |                                |   |  |
| Wheat .....              | 3-lb sandwich<br>loaf. | 40   | 1 slice .....                  | 2.50  |  |
|                          |                        | (1/2 inch thick)                           |                                |   |  |
|                          |                        | 52   | 1 slice .....                  | 1.92  |  |
|                          |                        | (3/8 inch thick)                           |                                |   |  |
|                          | 1-lb loaf .....        | 16   | 1 slice .....                  | 6.25  |  |
|                          | (3/8 inch thick)       |  |                                |   |  |
| Wheat .....              | 2-lb loaf .....        | 34   | 1 slice .....                  | 2.94  |  |
|                          |                        | (3/8 inch thick)                           |                                |   |  |
|                          | 3-lb loaf .....        | 40   | 1 slice .....                  | 2.50  |  |
|                          |                        | (1/2 inch thick)                           |                                |   |  |
|                          | 52                     | 1 slice .....                              | 1.92                           |   |  |
|                          | (3/8 inch thick)       |  |                                |   |  |
| <b>ROLLS</b>             |                        |  |                                |   |  |
| Rolls or buns .....      | Dozen .....            | 12   | 1 roll or bun .....            | 8.50  |  |

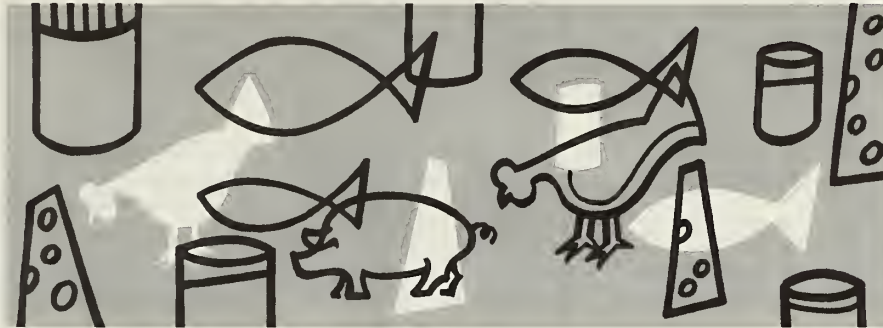
NOTE: The number of slices per purchase unit does not include the end slices.

## BREAD, BUTTER, MILK

| Food as purchased<br>(1)          | Purchase unit<br>(2)  | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|-----------------------------------|-----------------------|--|--------------------------------|---|--|
| <b><i>BUTTER, MARGARINE</i></b>   |                       |  |                                |   |  |
| <b>BUTTER</b> .....               | <b>Pound</b> .....    | <b>96</b>                                  | <b>1 teaspoon</b> .....        | <b>1.04</b>                                     | <b>1 lb measures 2 cups.</b>           |
| <b>MARGARINE, FORTIFIED</b> ..... | <b>Pound</b> .....    | <b>96</b>                                  | <b>1 teaspoon</b> .....        | <b>1.04</b>                                     | <b>1 lb measures 2 cups.</b>           |
| <b><i>MILK</i></b>                |                       |  |                                |   |  |
| <b>FLUID WHOLE MILK</b> .....     | <b>Gallon</b> .....   | <b>16</b>                                  | <b>1/2 pint</b> .....          | <b>6.25</b>                                     |  |
|                                   | <b>Quart</b> .....    | <b>4</b>                                   | <b>1/2 pint</b> .....          | <b>25.00</b>                                    |  |
|                                   | <b>1/2 pint</b> ..... | <b>1</b>                                   | <b>1/2 pint</b> .....          | <b>100.00</b>                                   |  |

**NOTE:** To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

# Meat/Meat Alternates



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## MEAT AND MEAT ALTERNATES

The foods in this section have been listed alphabetically according to the meat and meat alternate foods specified in the Type A lunch pattern. These foods include meats, poultry, fish, cheese, dry beans and peas, eggs, and peanut butter.

Information on Meats and Meat Alternates in this Guide Includes:

- Yield information on servings of fresh and frozen frying chickens, frozen cubed steaks, and frozen portions of fish. The cooked meat yield of the serving is given in parentheses.
- Yield information on USDA-donated foods such as canned and frozen meats not normally available on the market. These foods are listed as Special purchase. See definition below.
- Yields of commercially prepared combination foods—including canned and frozen meat and poultry products which will provide at least one ounce of cooked meat or poultry per average size serving, canned bean soup which contains 1/2 cup beans per cup of soup, and canned pea soup which contains 1/4 cup peas per cup of soup.

Servings of Cooked Meat and Poultry

- A serving of cooked meat includes the lean meat with a small amount of edible fat as normally served.
- A serving of cooked chicken or turkey includes meat and skin as normally served unless otherwise indicated.

**Commercially Prepared Combination Foods**—The yields for commercially prepared combination foods listed under chicken food products, meat food products, and turkey food products are based on the minimum meat and poultry requirements for food products that are packed for interstate shipment under Federal Meat and Poultry Inspection.

**Yields for Cured Ham and for Breaded Fish Portions**—The yield for cured ham applies to both fully cooked cured ham and cured hams to be cooked, since research findings show no significant differences in the yields. The yields are the same for both raw and fried breaded portions or sticks, as purchased on the market, because “fried breaded fish portions or sticks” are only browned, not cooked.

**Factors That Influence Yields of Meat and Poultry**—Yields of cooked meat and poultry will vary with type, age, fatness, and weight of animal, and the method, time, and temperature of cooking. The quantities of food listed are based on average yields of cooked meat and poultry.

Special Purchase and Market Style or Pack in Column 1 Are Defined as:

- **Special purchase**—applies only to USDA-donated foods that are not normally available on the market.
- **Market style or market pack**—refers to foods available on the market, but the term is used only when necessary to distinguish special purchase foods from regular market foods.

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                          | Purchase unit<br>(2)   | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)               | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                          |
|---|------------------------|--|--|---|---|
| <b>BEANS, DRY</b>                                 |                        |  |  |   |   |
| <b>DRY BEANS</b>                                  |                        |  |  |   |   |
| Blackeye beans or peas                            | Pound                  | 8.32<br>16.64                              | 1/2 cup cooked beans<br>1/4 cup cooked beans | 12.10<br>6.05                                   | 1 lb dry = about 2-2/3 cups.                                    |
| Great Northern                                    | Pound                  | 11.70<br>23.40                             | 1/2 cup cooked beans<br>1/4 cup cooked beans | 8.55<br>4.30                                    | 1 lb dry = about 2-1/2 cups.                                    |
| Kidney  | Pound                  | 11.20<br>22.40                             | 1/2 cup cooked beans<br>1/4 cup cooked beans | 8.95<br>4.50                                    | 1 lb dry = about 2-1/2 cups.                                    |
| Lima<br>(large or small)                          | Pound                  | 11.40<br>22.80                             | 1/2 cup cooked beans<br>1/4 cup cooked beans | 8.80<br>4.40                                    | 1 lb dry = about 2-1/2 cups.                                    |
| Navy, pea   | Pound                  | 10.80<br>21.60                             | 1/2 cup cooked beans<br>1/4 cup cooked beans | 9.30<br>4.65                                    | 1 lb dry = about 2-1/4 cups.                                    |
| Pinto   | Pound                  | 12.10<br>24.20                             | 1/2 cup cooked beans<br>1/4 cup cooked beans | 8.30<br>4.15                                    | 1 lb dry = about 2-1/3 cups.                                    |
| Small white                                       | Pound                  | 9.72<br>19.44                              | 1/2 cup cooked beans<br>1/4 cup cooked beans | 10.30<br>5.15                                   | 1 lb dry = about 2-1/4 cups.                                    |
| <b>DRY BEANS, CANNED</b>                          |                        |  |  |   |   |
| Beans<br>(baked or in sauce)                      | No. 10 can<br>(110 oz) | 24.00<br>48.00                             | 1/2 cup beans<br>1/4 cup beans               | 4.20<br>2.10                                    |   |
|   | Pound                  | 3.49                                       | 1/2 cup beans                                | 28.70   |   |
| Blackeye, kidney, red, or<br>white.<br>(in brine) | No. 10 can<br>(108 oz) | 24.00<br>48.00                             | 1/2 cup beans<br>1/4 cup beans               | 4.20<br>2.10                                    |   |
|   | No. 3 Cyl<br>(51 oz)   | 11.30<br>22.60                             | 1/2 cup beans<br>1/4 cup beans               | 8.85<br>4.45                                    |   |
|   | Pound                  | 3.56                                       | 1/2 cup beans                                | 28.10   |   |
| Lima<br>(in brine)                                | No. 10 can<br>(105 oz) | 24.00<br>48.00                             | 1/2 cup beans<br>1/4 cup beans               | 4.20<br>2.10                                    |   |
|   | Pound                  | 3.66                                       | 1/2 cup beans                                | 27.40   |   |
| <b>BEAN SOUP, CANNED</b>                          |                        |  |  |   |   |
| Condensed<br>(1 part soup to 1 part<br>water)     | No. 3 Cyl<br>(54 oz)   | 11.00                                      | 1 cup reconstituted<br>(1/2 cup beans)       | 9.10  | Reconstitute 1 part<br>soup with not more<br>than 1 part water. |
|   | Pound                  | 3.26                                       | 1 cup reconstituted                          | 30.70   |   |
| Ready-to-serve                                    | 8-oz can               | 1.00                                       | 1 cup serving<br>(1/2 cup beans)             | 100.00  |   |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                       | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|--|----------------------|--|--------------------------------|---|--|
| <b>BEEF, FRESH OR FROZEN</b>                   |                      |  |                                |   |  |
| <b>BRISKET, FRESH</b><br>With bone .....       | Pound .....          | 4.35                                       | 2 ounces cooked meat .....     | 23.00   | 1 lb AP=0.54 lb cooked<br>meat.        |
| Without bone .....                             | Pound .....          | 5.36                                       | 2 ounces cooked meat .....     | 18.70   | 1 lb AP=0.67 lb cooked<br>meat.        |
| <b>BRISKET, CORNED</b><br>(without bone) ..... | Pound .....          | 4.80                                       | 2 ounces cooked meat .....     | 20.90   | 1 lb AP=0.60 lb cooked<br>meat.        |
| <b>GROUND BEEF</b><br>Market style .....       | Pound .....          | 5.84                                       | 2 ounces cooked meat .....     | 17.20   | 1 lb AP=0.73 lb cooked<br>meat.        |
| (no more than 30 percent<br>fat)               |                      |  |                                |   |  |
| Special purchase, frozen .....                 | Pound .....          | 6.00                                       | 2 ounces cooked meat .....     | 16.70   | 1 lb AP=0.75 lb cooked<br>meat.        |
| (no more than 26 percent<br>fat)               |                      |  |                                |   |  |
| <b>HEART</b><br>(trimmed) .....                | Pound .....          | 4.70                                       | 2 ounces cooked meat .....     | 21.30   | 1 lb AP=0.59 lb cooked<br>meat.        |
| <b>KIDNEY</b><br>(trimmed) .....               | Pound .....          | 4.17                                       | 2 ounces cooked meat .....     | 24.00   | 1 lb AP=0.52 lb cooked<br>meat.        |
| <b>LIVER</b><br>(trimmed) .....                | Pound .....          | 5.88                                       | 2 ounces cooked meat .....     | 17.10   | 1 lb AP=0.74 lb cooked<br>meat.        |
| <b>ROASTS OR POT ROASTS</b>                    |                      |  |                                |   |  |
| <b>Chuck</b><br>With bone .....                | Pound .....          | 4.35                                       | 2 ounces cooked meat .....     | 23.00   | 1 lb AP=0.54 lb cooked<br>meat.        |
| Without bone .....                             | Pound .....          | 6.00                                       | 2 ounces cooked meat .....     | 16.70   | 1 lb AP=0.75 lb cooked<br>meat.        |
| <b>Round</b><br>With bone .....                | Pound .....          | 5.52                                       | 2 ounces cooked meat .....     | 18.20   | 1 lb AP=0.69 lb cooked<br>meat.        |
| Without bone .....                             | Pound .....          | 6.06                                       | 2 ounces cooked meat .....     | 16.50   | 1 lb AP=0.76 lb cooked<br>meat.        |
| <b>Rump</b><br>With bone .....                 | Pound .....          | 4.64                                       | 2 ounces cooked meat .....     | 21.60   | 1 lb AP=0.58 lb cooked<br>meat.        |
| Without bone .....                             | Pound .....          | 5.84                                       | 2 ounces cooked meat .....     | 17.20   | 1 lb AP=0.73 lb cooked<br>meat.        |
| <b>SHORTRIBS</b> .....                         | Pound .....          | 2.00                                       | 2 ounces cooked meat .....     | 50.00   | 1 lb AP=0.25 lb cooked<br>meat.        |



## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                                 | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                        | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|--|----------------------|--|---|---|--|
| <b>BEEF, FRESH OR FROZEN</b><br>—Continued               |                      |  |   |   |  |
| <b>STEAKS</b>  |                      |  |   |   |  |
| Chopped, frozen<br>(boneless patty, about<br>3.1 oz raw) | Pound                | 5.16                                       | 1 steak<br>(about 2.3 oz cooked<br>meat)              | 19.40   | 1 lb AP = 0.75 lb cooked<br>meat.      |
| Cubed<br>(boneless, preportioned,<br>about 3.1 oz raw)   | Pound                | 5.16                                       | 1 steak<br>(about 2.3 oz cooked<br>meat)              | 19.40   | 1 lb AP = 0.75 lb cooked<br>meat.      |
| Flank  | Pound                | 5.36                                       | 2 ounces cooked meat                                  | 18.70   | 1 lb AP = 0.67 lb cooked<br>meat.      |
| Round<br>(without bone)                                  | Pound                | 6.06                                       | 2 ounces cooked meat                                  | 16.50   | 1 lb AP = 0.76 lb cooked<br>meat.      |
| STEW MEAT  | Pound                | 5.28                                       | 2 ounces cooked meat                                  | 19.00   | 1 lb AP = 0.66 lb cooked<br>meat.      |
| TONGUE   | Pound                | 4.50                                       | 2 ounces cooked meat                                  | 22.30   | 1 lb AP = 0.56 lb cooked<br>meat.      |
| <b>BEEF, DRIED</b>                                       |                      |  |   |   |  |
| CHIPPED BEEF   | Pound                | 10.00                                      | 2 ounces cooked meat                                  | 10.00   | 1 lb AP = 1.25 lb cooked<br>meat.      |
| <b>CHEESE</b>  |                      |  |   |   |  |
| AMERICAN OR CHEDDAR<br>(process)                         | 5-lb loaf            | 40.00                                      | 2 ounces cheese<br>(1 slice 3-1/4x3-1/2x<br>1/4 inch) | 2.50  |  |
|  | Pound                | 8.00                                       | 2 ounces cheese                                       | 12.50   |  |
| CHEDDAR<br>(natural)                                     | 5 lb                 | 40.00                                      | 2 ounces cheese                                       | 2.50  |  |
|  | Pound                | 8.00                                       | 2 ounces cheese                                       | 12.50   |  |
| COTTAGE  | Pound                | 8.00                                       | 2 ounces cheese<br>(about 1/4 cup)                    | 12.50   |  |
| MOZZARELLA   | Pound                | 8.00                                       | 2 ounces cheese<br>(1 slice 3-1/4x3-1/2x<br>1/4 inch) | 12.50   |  |
| SWISS<br>(natural or process)                            | Pound                | 8.00                                       | 2 ounces cheese<br>(1 slice 3-1/4x3-1/2x<br>1/4 inch) | 12.50   |  |

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)   | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)   | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)  |
|--|----------------------|--|--|---|---|
| <b>CHEESE FOOD PRODUCTS</b>  |                      |  |  |   |   |
| <b>CHEESE FOOD</b><br>(process)                                      | Pound                | 4.00                                       | 4-ounce serving<br>(2 ounces cheese)   | 25.00   | 1 lb AP=0.50 lb<br>cheese.              |
|  | Pound                | 8.00                                       | 2-ounce serving<br>(1 ounce cheese)  | 12.50   |   |
| <b>CHEESE SPREAD</b><br>(process)                                    | 2-lb loaf            | 8.00                                       | 4-ounce serving<br>(2 ounces cheese)   | 12.50   | 1 lb AP=0.50 lb cheese.                 |
|  | Pound                | 4.00                                       | 4-ounce serving<br>(2 ounces cheese)   | 25.00   |   |
|  | Pound                | 8.00                                       | 2-ounce serving<br>(1 ounce cheese)  | 12.50   |   |
| <b>CHICKEN, FRESH OR FROZEN</b>                                      |                      |  |  |   |   |
| <b>FRYING CHICKEN</b><br>(market style)                              |                      |  |  |   |   |
| Whole, cut-up, 9 pieces<br>(about 2-3/4 lb with neck<br>and giblets) | Fryer                | 6.00                                       | 2 ounces or more cooked<br>chicken meat. (one<br>serving=1/2 breast; 1<br>drumstick and 1 wing;<br>1 thigh and 1/2 of the<br>back piece) | 16.70   | Chickens weighing<br>2-1/4 to 3-1/4 lb. |
|  | Pound                | 2.18                                       | 2 ounces or more cooked<br>chicken meat.<br>(served as above)  | 45.90   |   |
| <b>Chicken parts</b>   |                      |  |  |   |   |
| Breast halves with ribs<br>(about 6.4 oz each)                       | Pound                | 2.50                                       | 1/2 breast<br>(about 3.4 oz cooked<br>chicken meat)  | 40.00   | 1 lb AP=0.53 lb cooked<br>chicken meat. |
| Legs<br>(about 7.0 oz each)  | Pound                | 2.29                                       | 1 leg<br>(about 3.1 oz cooked<br>chicken meat)   | 43.70   | 1 lb AP=0.44 lb cooked<br>chicken meat. |
| Drumsticks<br>(about 3.3 oz each)                                    | Pound                | 4.85                                       | 1 drumstick<br>(about 1.4 oz cooked<br>chicken meat)   | 20.70   | 1 lb AP=0.42 lb cooked<br>chicken meat. |
| Thighs<br>(about 3.7 oz each)  | Pound                | 4.32                                       | 1 thigh<br>(about 1.7 oz cooked<br>chicken meat)   | 23.20   | 1 lb AP=0.45 lb cooked<br>chicken meat. |
| Back pieces<br>(about 5.2 oz each)                                   | Pound                | 3.08                                       | 1 back piece<br>(about 1.3 oz cooked<br>chicken meat)  | 32.50   | 1 lb AP=0.25 lb cooked<br>chicken meat. |
| Wings<br>(about 3.0 oz each)   | Pound                | 2.67                                       | 2 wings<br>(about 2.0 oz cooked<br>chicken meat)   | 37.50   | 1 lb AP=0.32 lb cooked<br>chicken meat. |
|  | Pound                | 5.33                                       | 1 wing<br>(about 1.0 oz cooked<br>chicken meat)  | 18.80   |   |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)   | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)  | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                                  |
|--|----------------------|--|---|---|---|
| <b>CHICKEN, FRESH OR FROZEN—Continued</b>                                  |                      |  |   |   |   |
| <b>FRYING CHICKEN, FROZEN</b><br>(special purchase, style 1)               |                      |  |   |   |   |
| Whole, cut-up, 10 pieces<br>(about 2-3/4 lb with giblets,<br>without neck) |                      |  |   |   |   |
| With giblets   | 30-lb box            | 66.00                                      | 2 ounces or more cooked<br>chicken meat served as<br>pieces as shown below. | 1.55  | 1 box contains about 11<br>chickens weighing<br>2-1/4 to 3-1/4 lb each. |
|  | Fryer                | 6.00                                       | 2 ounces or more cooked<br>chicken meat served as<br>pieces as shown below. | 16.70   |   |
| Without giblets  | Pound                | 2.32                                       | 2 ounces or more cooked<br>chicken meat served as<br>pieces as shown below. | 43.10   |   |
| <b>Chicken parts</b>   |                      |  |   |   |   |
| Breast halves<br>(about 5.9 oz each)                                       | Pound                | 2.71                                       | 1/2 breast<br>(about 3.2 oz cooked<br>chicken meat)                         | 36.90   | 1 lb AP=0.55 lb cooked<br>chicken meat.                                 |
| Legs<br>(about 7.0 oz each)  | Pound                | 2.29                                       | 1 leg<br>(about 3.1 oz cooked<br>chicken meat)                              | 43.70   | 1 lb AP=0.44 lb cooked<br>chicken meat.                                 |
| Drumsticks<br>(about 3.3 oz each)  | Pound                | 4.85                                       | 1 drumstick<br>(about 1.4 oz cooked<br>chicken meat)                        | 20.70   | 1 lb AP=0.42 lb cooked<br>chicken meat.                                 |
| Thighs<br>(about 3.7 oz each)  | Pound                | 4.32                                       | 1 thigh<br>(about 1.7 oz cooked<br>chicken meat)                            | 23.20   | 1 lb AP=0.45 lb cooked<br>chicken meat.                                 |
| Lower back pieces<br>(about 5.5 oz each)                                   | Pound                | 2.91                                       | 1 back piece<br>(about 1.4 oz cooked<br>chicken meat)                       | 34.40   | 1 lb AP=0.25 lb cooked<br>chicken meat.                                 |
| Rib back pieces<br>(about 4.3 oz each)                                     | Pound                | 3.72                                       | 1 back piece<br>(about 1.5 oz cooked<br>chicken meat)                       | 26.90   | 1 lb AP=0.34 lb cooked<br>chicken meat.                                 |
| Wings<br>(about 3.0 oz each)   | Pound                | 2.67                                       | 2 wings<br>(about 2.0 oz cooked<br>chicken meat)                            | 37.45   | 1 lb AP=0.32 lb cooked<br>chicken meat.                                 |
|  | Pound                | 5.33                                       | 1 wing<br>(about 1.0 oz cooked<br>chicken meat)                             | 18.80   |   |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)  | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)  | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                            |
|---|----------------------|--|---|---|---|
| <b>CHICKEN, FRESH OR FROZEN—Continued</b>   |                      |  |   |   |   |
| <b>FRYING CHICKEN, FROZEN (special purchase, style 2)</b>                           |                      |  |   |   |   |
| Whole, cut-up, 8 pieces (about 2-3/4 lb with giblets, without neck)<br>With giblets | 30-lb box            | 66.00                                      | 2 ounces or more cooked chicken meat served as pieces as shown below. | 1.55  | 1 box contains about 11 chickens weighing 2-1/4 to 3-1/4 lb each. |
|   | Fryer                | 6.00                                       | 2 ounces or more cooked chicken meat served as pieces as shown below. | 16.70   |   |
| Without giblets   | Pound                | 2.32                                       | 2 ounces or more cooked chicken meat served as pieces as shown below. | 43.10   |   |
| <b>Chicken parts</b>  |                      |  |   |   |   |
| Breast halves with backs (about 6.9 oz each)  | Pound                | 2.32                                       | 1/2 breast with back (about 3.0 oz cooked chicken meat)               | 43.00   | 1 lb. AP= 0.44 lb cooked chicken meat.                            |
| Drumsticks (about 3.3 oz each)  | Pound                | 4.85                                       | 1 drumstick (about 1.4 oz cooked chicken meat)                        | 20.70   | 1 lb AP= 0.42 lb cooked chicken meat.                             |
| Wings (about 3.0 oz each)   | Pound                | 5.33                                       | 1 wing (about 1.0 oz cooked chicken meat)                             | 18.80   | 1 lb AP= 0.32 lb cooked chicken meat.                             |
| Thighs with backs (about 7.3 oz each)   | Pound                | 2.19                                       | 1 thigh with back (about 2.9 oz cooked chicken meat)                  | 45.70   | 1 lb AP= 0.40 lb cooked chicken meat.                             |
| <b>CHICKEN FOR COMBINATION DISHES</b>   |                      |  |   |   |   |
| Whole (with neck and giblets)   | Pound                | 3.25                                       | 2 ounces cooked chicken meat incl. neck meat and giblets.             | 30.80   | 1 lb AP= 0.41 lb cooked chicken meat.                             |
|   | Pound                | 3.04                                       | 2 ounces cooked chicken meat excl. neck meat and giblets.             | 32.90   | 1 lb AP= 0.38 lb cooked chicken meat.                             |
| Breasts with ribs   | Pound                | 4.26                                       | 2 ounces cooked chicken meat.   | 23.50   | 1 lb AP= 0.53 lb cooked chicken meat.                             |
| Breasts without ribs  | Pound                | 4.40                                       | 2 ounces cooked chicken meat.   | 22.80   | 1 lb AP= 0.55 lb cooked chicken meat.                             |
| Drumsticks  | Pound                | 3.32                                       | 2 ounces cooked chicken meat.   | 30.20   | 1 lb AP= 0.42 lb cooked chicken meat.                             |
| Thighs  | Pound                | 3.59                                       | 2 ounces cooked chicken meat.   | 27.90   | 1 lb AP= 0.45 lb cooked chicken meat.                             |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                        | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                       | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|---|----------------------|--|--|---|--|
| <b>CHICKEN, FRESH OR FROZEN—Continued</b>       |                      |  |  |   |  |
| <b>CHICKEN FOR COMBINATION DISHES—Continued</b> |                      |  |  |   |  |
| Back, whole<br>(1 piece)                        | Pound                | 1.97                                       | 2 ounces cooked chicken meat.                        | 50.80   | 1 lb AP = 0.25 lb cooked chicken meat. |
| Back, lower and rib<br>(2 pieces)               | Pound                | 2.40                                       | 2 ounces cooked chicken meat.                        | 41.70   | 1 lb AP = 0.30 lb cooked chicken meat. |
| Necks   | Pound                | 3.02                                       | 2 ounces cooked chicken meat.                        | 33.20   | 1 lb AP = 0.38 lb cooked chicken meat. |
| Wings   | Pound                | 2.60                                       | 2 ounces cooked chicken meat.                        | 38.50   | 1 lb AP = 0.32 lb cooked chicken meat. |
| Giblets<br>Gizzard                              | Pound                | 4.10                                       | 2 ounces cooked chicken gizzards.                    | 24.40   | 1 lb AP = 0.51 lb cooked gizzards.     |
| Heart   | Pound                | 4.00                                       | 2 ounces cooked chicken hearts.                      | 25.00   | 1 lb AP = 0.50 lb cooked hearts.       |
| Liver   | Pound                | 5.20                                       | 2 ounces cooked chicken livers.                      | 19.30   | 1 lb AP = 0.65 lb cooked livers.       |
| <b>CHICKEN FOOD PRODUCTS, CANNED OR FROZEN</b>  |                      |  |  |   |  |
| <b>BONED CHICKEN</b>                            |                      |  |  |   |  |
| Boned   | Pound                | 7.11                                       | 1/4 cup serving<br>(about 2 ounces chicken meat)     | 14.10   | 1 lb AP = 0.90 lb cooked chicken meat. |
| Boned, solid pack                               | Pound                | 7.11                                       | 1/4 cup serving<br>(about 2 ounces chicken meat)     | 14.10   | 1 lb AP = 0.95 lb cooked chicken meat. |
| Boned, with broth                               | Pound                | 7.11                                       | 1/4 cup serving<br>(about 1-3/4 ounces chicken meat) | 14.10   | 1 lb AP = 0.80 lb cooked chicken meat. |
| Shredded<br>(solid or dry pack)                 | Pound                | 7.11                                       | 1/4 cup serving<br>(about 1-3/4 ounces chicken meat) | 14.10   | 1 lb AP = 0.80 lb cooked chicken meat. |
| CHICKEN A LA KING                               | Pound                | 2.37                                       | 3/4 cup serving<br>(about 1-1/3 ounces chicken meat) | 42.20   | 1 lb AP = 0.20 lb cooked chicken meat. |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)   | Purchase unit<br>(2)  | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)   | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)   |
|--|-----------------------|--|--|---|--|
| <b>CHICKEN FOOD PRODUCTS<br/>CANNED OR FROZEN<br/>—Continued</b> |                       |  |  |   |  |
| CHICKEN BARBECUE   | Pound                 | 3.56                                       | 1/2 cup serving<br>(about 1-3/4 ounces<br>chicken meat)                          | 28.10   | 1 lb AP=0.40 lb<br>cooked chicken meat.  |
| CHICKEN HASH   | Pound                 | 2.67                                       | 2/3 cup serving<br>(about 1-3/4 ounces<br>chicken meat and 1/4<br>cup vegetable) | 37.50   | 1 lb AP=0.30 lb<br>cooked chicken meat.  |
| CHICKEN NOODLES OR<br>DUMPLINGS.                                 | Pound                 | 1.78                                       | 1 cup serving<br>(about 1-1/3 ounces<br>chicken meat)                            | 56.20   | 1 lb AP=0.15 lb<br>cooked chicken meat.  |
| CHICKEN SALAD  | Pound                 | 2.67                                       | 2/3 cup serving<br>(about 1-1/2 ounces<br>chicken meat)                          | 37.50   | 1 lb AP=0.25 lb<br>cooked chicken meat.  |
| CHICKEN WITH GRAVY   | Pound                 | 2.67                                       | 2/3 cup serving<br>(about 2 ounces<br>chicken meat)                              | 37.50   | 1 lb AP=0.35 lb<br>cooked chicken meat.  |
| CREAMED CHICKEN  | Pound                 | 2.37                                       | 3/4 cup serving<br>(about 1-1/3 ounces<br>chicken meat)                          | 42.20   | 1 lb AP=0.20 lb<br>cooked chicken meat.  |
| SLICED CHICKEN WITH<br>GRAVY.                                    | Pound                 | 2.67                                       | 2/3 cup serving<br>(about 2 ounces<br>chicken meat)                              | 37.50   | 1 lb AP=0.35 lb<br>cooked chicken meat.  |
| <b>EGGS</b>  |                       |  |  |   |  |
| FRESH SHELL EGGS*<br>(large size)                                | Dozen<br>(24 oz)      | 12.00                                      | 1 egg  | 8.35  | 1 qt (2 lb 2 oz)=<br>about 19 large whole<br>eggs, or 29 whites,<br>or 55 yolks. |
| FROZEN WHOLE EGGS  | Pound                 | 9.00                                       | 1 egg  | 11.20   | 1 lb frozen=about<br>2 cups (9 large<br>eggs).                                   |
| <b>DRIED WHOLE EGGS**</b>  |                       |  |  |   |  |
| Market pack  | Pound                 | 32.00                                      | 1 egg  | 3.15  | 1 lb AP=about 5-1/3<br>cups.   |
| Special purchase   | No. 10 can<br>(48 oz) | 96.00                                      | 1 egg  | 1.05  | 2 cups (6 oz) dried<br>eggs and 2 cups<br>water=1 dozen<br>large eggs.           |

\* To determine the equivalent of other sizes of eggs to buy and to use in place of large size eggs, multiply the number (or dozens or cases) of large size eggs by a factor as follows: Extra large size, 0.9; medium size, 1.1; small size, 1.25.

\*\* Quantities are for dried whole eggs. For blends and specialty egg products, use equivalents on package label.

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)  | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)           | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|---|----------------------|--|--|---|--|
| <b>FRANKFURTERS</b>   |                      |  |  |   |  |
| FRANKFURTERS<br>(excluding meat by-products,<br>cereals, or extenders)<br>8 per pound | Pound                | 8.00                                       | 1 frankfurter<br>(2 ounces meat)         | 12.50   |  |
| 10 per pound  | Pound                | 10.00                                      | 1 frankfurter<br>(1.6 ounces meat)       | 10.00   |  |
| <b>LAMB, FRESH OR FROZEN</b>  |                      |  |  |   |  |
| CHOPS, SHOULDER<br>(with bone)  | Pound                | 4.56                                       | 2 ounces cooked meat                     | 22.00   | 1 lb AP = 0.57 lb<br>cooked meat.      |
| GROUND LAMB<br>Market style   | Pound                | 5.44                                       | 2 ounces cooked meat                     | 18.40   | 1 lb AP = 0.68 lb<br>cooked meat.      |
| Special purchase, frozen<br>(no more than 23 percent<br>fat)                          | Pound                | 5.60                                       | 2 ounces cooked meat                     | 17.90   | 1 lb AP = 0.70 lb<br>cooked meat.      |
| <b>ROASTS OR POT ROASTS</b>   |                      |  |  |   |  |
| Leg<br>With bone  | Pound                | 4.32                                       | 2 ounces cooked meat                     | 23.20   | 1 lb AP = 0.54 lb<br>cooked meat.      |
| Without bone  | Pound                | 5.60                                       | 2 ounces cooked meat                     | 17.90   | 1 lb AP = 0.70 lb<br>cooked meat.      |
| Shoulder<br>With bone   | Pound                | 4.48                                       | 2 ounces cooked meat                     | 22.40   | 1 lb AP = 0.56 lb<br>cooked meat.      |
| Without bone  | Pound                | 5.84                                       | 2 ounces cooked meat                     | 17.20   | 1 lb AP = 0.73 lb<br>cooked meat.      |
| STEW MEAT   | Pound                | 5.28                                       | 2 ounces cooked meat                     | 19.00   | 1 lb AP = 0.66 lb<br>cooked meat.      |
| <b>LUNCHEON MEATS,<br/>CHILLED</b>  |                      |  |  |   |  |
| LUNCHEON MEATS<br>(excluding meat by-products,<br>cereals, or extenders)              | Pound                | 8.00                                       | 2 ounces meat                            | 12.50   |  |
| <b>MEAT FOOD PRODUCTS,<br/>CANNED OR FROZEN</b>                                       |                      |  |  |   |  |
| BARBECUE SAUCE WITH<br>BEEF.  | Pound                | 2.67                                       | 2/3 cup serving<br>(about 2 ounces meat) | 37.50   |  |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br><br>(1)                                  | Purchase unit<br><br>(2) | Servings<br>per<br>purchase<br>unit<br><br>(3) | Serving size or portion<br><br>(4)                                 | Purchase<br>units for<br>100<br>servings<br><br>(5) | Additional yield<br>information<br><br>(6) |
|---|--------------------------|--|--|---|--|
| <b>MEAT FOOD PRODUCTS<br/>CANNED OR FROZEN<br/>—Continued</b> |                          |  |  |   |  |
| BARBECUE SAUCE WITH<br>LAMB.                                  | Pound                    | 2.67   | 2/3 cup serving<br>(about 2 ounces meat)                           | 37.50   | 1 lb AP = 0.35 lb<br>cooked meat.          |
| BARBECUE SAUCE WITH<br>PORK.                                  | Pound                    | 2.67   | 2/3 cup serving<br>(about 2 ounces meat)                           | 37.50   | 1 lb AP = 0.35 lb<br>cooked meat.          |
| BARBECUE SAUCE WITH<br>VEAL.                                  | Pound                    | 2.67   | 2/3 cup serving<br>(about 2 ounces meat)                           | 37.50   | 1 lb AP = 0.35 lb<br>cooked meat.          |
| BARBECUED BEEF  | Pound                    | 3.56   | 1/2 cup serving<br>(about 2 ounces meat)                           | 28.10   | 1 lb AP = 0.49 lb<br>cooked meat.          |
| BARBECUED LAMB  | Pound                    | 3.56   | 1/2 cup serving<br>(about 2 ounces meat)                           | 28.10   | 1 lb AP = 0.49 lb<br>cooked meat.          |
| BARBECUED PORK  | Pound                    | 3.56   | 1/2 cup serving<br>(about 2 ounces meat)                           | 28.10   | 1 lb AP = 0.49 lb<br>cooked meat.          |
| BARBECUED VEAL  | Pound                    | 3.56   | 1/2 cup serving<br>(about 2 ounces meat)                           | 28.10   | 1 lb AP = 0.49 lb<br>cooked meat.          |
| BEANS WITH BACON IN<br>SAUCE.                                 | Pound                    | 2.37   | 3/4 cup serving<br>(about 1/2 cup beans)                           | 42.20   |  |
| BEANS WITH FRANK-<br>FURTERS IN SAUCE.                        | Pound                    | 2.67   | About 2/3 cup serving<br>(equivalent to a<br>2-ounce serving meat) | 37.50   |  |
| BEANS WITH HAM IN SAUCE                                       | Pound                    | 2.67   | 2/3 cup serving<br>(equivalent to a<br>2-ounce serving meat)       | 37.50   |  |
| BEEF AND DUMPLINGS<br>WITH GRAVY.                             | Pound                    | 2.37   | 3/4 cup serving<br>(about 1 ounce<br>meat)                         | 42.20   | 1 lb AP = 0.18 lb<br>cooked meat.          |
| BEEF AND GRAVY WITH<br>DUMPLINGS.                             | Pound                    | 2.37   | 3/4 cup serving<br>(about 1 ounce<br>meat)                         | 42.20   | 1 lb AP = 0.18 lb<br>cooked meat.          |
| BEEF HASH   | Pound                    | 2.67   | 2/3 cup serving<br>(about 2 ounces meat<br>and 1/4 cup vegetable)  | 37.50   | 1 lb AP = 0.35 lb<br>cooked meat.          |
| BEEF SALAD  | Pound                    | 2.67   | 2/3 cup serving<br>(about 2 ounces meat)                           | 37.50   | 1 lb AP = 0.35 lb<br>cooked meat.          |
| BEEF STEW   | Pound                    | 2.37   | 3/4 cup serving<br>(about 1 ounce meat<br>and 1/4 cup vegetable)   | 42.20   | 1 lb AP = 0.18 lb<br>cooked meat.          |
| BEEF WITH BARBECUE<br>SAUCE.                                  | Pound                    | 5.33   | 1/3 cup serving<br>(about 1-1/2 ounces<br>meat)                    | 18.80   | 1 lb AP = 0.50 lb<br>cooked meat.          |



## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)  | Purchase unit<br>(2)           | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)   | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|---|--------------------------------|--|--|---|--|
| <b>MEAT FOOD PRODUCTS,<br/>CANNED OR FROZEN<br/>—Continued</b>              |                                |  |  |   |  |
| <b>BEEF WITH GRAVY</b><br>Canned  | Pound                          | 5.33                                       | 1/3 cup serving<br>(about 1-1/2 ounces<br>meat)                        | 18.80   | 1 lb AP = 0.50 lb<br>cooked meat.      |
| <b>BEEF WITH NATURAL<br/>JUICES</b><br>Canned<br>(special purchase)         | 6-lb can<br>(pullman<br>style) | 33.60                                      | 2 ounces meat  | 3.00  |  |
|   | No. 2-1/2 can<br>(29 oz)       | 10.10                                      | 2 ounces meat  | 9.90  |  |
|   | Pound                          | 5.60                                       | 2 ounces meat  | 17.90   | 1 lb AP = 0.70 lb<br>cooked meat.      |
| <b>BRUNSWICK STEW</b>   | Pound                          | 2.37                                       | 3/4 cup serving<br>(about 1 ounce meat<br>and 1/4 cup vegetable)       | 42.20   | 1 lb AP = 0.18 lb<br>cooked meat.      |
| <b>CHILI CON CARNE</b>  | Pound                          | 2.37                                       | 3/4 cup serving<br>(about 1-3/4 ounces<br>meat)                        | 42.20   | 1 lb AP = 0.28 lb<br>cooked meat.      |
| <b>CHILI CON CARNE WITH<br/>BEANS.</b>                                      | Pound                          | 2.67                                       | 2/3 cup serving<br>(equivalent to a 2-<br>ounce serving of meat)       | 37.50   |  |
| <b>CHOPPED HAM</b>  | Pound                          | 8.00                                       | 2 ounces meat  | 12.50   |  |
| <b>CHOPPED MEAT WITH<br/>NATURAL JUICES</b><br>Canned<br>(special purchase) | No. 2-1/2 can<br>(30 oz)       | 13.50                                      | 2 ounces meat  | 7.45  |  |
|   | Pound                          | 7.12                                       | 2 ounces meat  | 14.10   | 1 lb AP = 0.89 lb<br>cooked meat.      |
| <b>CORNERD BEEF</b>   | Pound                          | 8.00                                       | 2 ounces meat  | 12.50   |  |
| <b>CORNERD BEEF AND<br/>CABBAGE.</b>  | Pound                          | 1.78                                       | 1 cup serving<br>(about 1-1/2 ounces<br>meat and 1/2 cup<br>vegetable) | 56.20   | 1 lb AP = 0.18 lb<br>cooked meat.      |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                                       | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                                     | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|--|----------------------|--|--|---|--|
| <b>MEAT FOOD PRODUCTS,<br/>CANNED OR FROZEN<br/>—Continued</b> |                      |  |  |   |  |
| CORNED BEEF HASH   | Pound                | 2.67                                       | 2/3 cup serving<br>(about 2 ounces meat<br>and 1/4 cup vegetable)  | 37.50   | 1 lb AP=0.35 lb<br>cooked meat.        |
| GOULASH  | Pound                | 2.37                                       | 3/4 cup serving<br>(about 1 ounce meat<br>and 1/4 cup vegetable)   | 42.20   | 1 lb AP=0.18 lb<br>cooked meat.        |
| GRAVY AND SWISS STEAK  | Pound                | 2.67                                       | 2/3 cup serving<br>(about 2 ounces meat)                           | 37.50   | 1 lb AP=0.35 lb<br>cooked meat.        |
| GRAVY WITH BEEF  | Pound                | 2.67                                       | 2/3 cup serving<br>(about 2 ounces meat)                           | 37.50   | 1 lb AP=0.35 lb<br>cooked meat.        |
| HAM A LA KING  | Pound                | 2.37                                       | 3/4 cup serving<br>(about 1-1/3 ounces<br>meat)                    | 42.20   | 1 lb AP=0.20 lb<br>cooked meat.        |
| HAM SALAD  | Pound                | 3.56                                       | 1/2 cup serving<br>(about 1-1/2 ounces<br>meat)                    | 28.10   | 1 lb AP=0.35 lb<br>cooked meat.        |
| HAM SPREAD   | Pound                | 7.11                                       | 1/4 cup serving<br>(about 1 ounce meat)                            | 14.10   | 1 lb AP=0.50 lb<br>cooked meat.        |
| HAM WITH NATURAL<br>JUICES.                                    | Pound                | 7.36                                       | 2 ounces meat  | 13.60   | 1 lb AP=0.92 lb<br>cooked meat.        |
| LAMB STEW  | Pound                | 2.37                                       | 3/4 cup serving<br>(about 1 ounce meat<br>and 1/4 cup vegetable)   | 42.20   | 1 lb AP=0.18 lb<br>cooked meat.        |
| LIMA BEANS WITH HAM<br>IN SAUCE.                               | Pound                | 2.67                                       | 2/3 cup serving<br>(equivalent to a<br>2-ounce serving of<br>meat) | 37.50   |  |
| PORK AND DRESSING  | Pound                | 3.56                                       | 1/2 cup serving<br>(about 2-1/4 ounces<br>meat)                    | 28.10   | 1 lb AP=0.50 lb<br>cooked meat.        |
| <hr/>  |                      |  |  |   |  |
| PORK LUNCHEON MEAT<br>Canned<br>(special purchase)             | 6-lb can<br>(96 oz)  | 42.70                                      | 2 ounces meat  | 2.35  |  |
|  | Pound                | 7.12                                       | 2 ounces meat  | 14.10   | 1 lb AP=0.89 lb<br>cooked meat.        |
| <hr/>  |                      |  |  |   |  |
| PORK SALAD   | Pound                | 2.67                                       | 2/3 cup serving<br>(about 2 ounces meat)                           | 37.50   | 1 lb AP=0.35 lb<br>cooked meat.        |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                                       | Purchase unit<br>(2)         | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)   | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|--|------------------------------|--|--|---|--|
| <b>MEAT FOOD PRODUCTS,<br/>CANNED OR FROZEN<br/>—Continued</b> |                              |  |  |   |  |
| PORK STEW  | Pound                        | 2.37                                       | 3/4 cup serving<br>(about 1 ounce meat<br>and 1/4 cup vegetable)         | 42.20   | 1 lb AP = 0.18 lb<br>cooked meat.      |
| PORK WITH BARBECUE<br>SAUCE.                                   | Pound                        | 5.33                                       | 1/3 cup serving<br>(about 1-1/2 ounces<br>meat)                          | 18.80   | 1 lb AP = 0.50 lb<br>cooked meat.      |
| PORK WITH DRESSING<br>AND GRAVY.                               | Pound                        | 2.67                                       | 2/3 cup serving<br>(about 1-3/4 ounces<br>meat)                          | 37.50   | 1 lb AP = 0.30 lb<br>cooked meat.      |
| PORK WITH NATURAL<br>JUICES<br>Canned<br>(special purchase)    | No. 2-1/2 can<br>(29 oz)     | 10.10                                      | 2 ounces meat  | 9.90  |  |
|  | Pound                        | 5.60                                       | 2 ounces meat  | 17.90   | 1 lb AP = 0.70 lb<br>cooked meat.      |
| ROAST BEEF HASH  | Pound                        | 2.67                                       | 2/3 cup serving<br>(about 2 ounces meat<br>and 1/4 cup vegetable)        | 37.50   | 1 lb AP = 0.35 lb<br>cooked meat.      |
| SCALLOPED POTATOES AND<br>HAM.                                 | Pound                        | 2.37                                       | 3/4 cup serving<br>(about 1-1/3 ounces<br>meat and 1/3 cup<br>vegetable) | 42.20   | 1 lb AP = 0.20 lb<br>cooked meat.      |
| SWISS STEAK WITH GRAVY   | Pound                        | 5.33                                       | 1/3 cup serving<br>(about 1-1/2 ounces<br>meat)                          | 18.80   | 1 lb AP = 0.50 lb<br>cooked meat.      |
| VEAL SALAD   | Pound                        | 2.67                                       | 2/3 cup serving<br>(about 2 ounces meat)                                 | 37.50   | 1 lb AP = 0.35 lb<br>cooked meat.      |
| VEAL STEW  | Pound                        | 2.37                                       | 3/4 cup serving<br>(about 1 ounce meat<br>and 1/4 cup vegetable)         | 42.20   | 1 lb AP = 0.18 lb<br>cooked meat.      |
| VIENNA SAUSAGE   | Pound<br>(drained<br>weight) | 8.00                                       | 2 ounces meat  | 12.50   |  |

**NOTE:** To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                                     | Purchase unit<br>(2)   | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)        | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                          |
|--|------------------------|--|---------------------------------------|---|---|
| <b>PEANUT BUTTER, CANNED</b>                                 |                        |  |                                       |   |   |
| PEANUT BUTTER  | No. 10 can<br>(108 oz) | 47.80                                      | 4 tablespoons<br>(1/4 cup)            | 2.10  |   |
|  |                        | 95.60                                      | 2 tablespoons                         | 1.05  |   |
|  | Pound                  | 7.09                                       | 4 tablespoons<br>(1/4 cup)            | 14.10   |   |
|  |                        | 14.18                                      | 2 tablespoons                         | 7.05  |   |
| <b>PEAS AND LENTILS, DRY</b>                                 |                        |  |                                       |   |   |
| <b>DRY PEAS</b>  |                        |  |                                       |   |   |
| Split peas   | Pound                  | 11.40                                      | 1/2 cup cooked peas                   | 8.80  | 1 lb dry = about 2-1/4 cups.                                    |
|  |                        | 22.80                                      | 1/4 cup cooked peas                   | 4.40  |   |
| Whole peas   | Pound                  | 12.20                                      | 1/2 cup cooked peas                   | 8.20  | 1 lb dry = about 2-1/3 cups.                                    |
|  |                        | 24.40                                      | 1/4 cup cooked peas                   | 4.10  |   |
| LENTILS  | Pound                  | 13.20                                      | 1/2 cup cooked lentils                | 7.60  | 1 lb dry = about 2-1/2 cups.                                    |
|  |                        | 26.40                                      | 1/4 cup cooked lentils                | 3.80  |   |
| <b>PEA SOUP, CANNED*</b>                                     |                        |  |                                       |   |   |
| Condensed<br>(1 part soup to 1 part<br>water)                | No. 3 Cyl<br>(50 oz)   | 11.00                                      | 1 cup reconstituted<br>(1/4 cup peas) | 9.10  | Reconstitute 1 part<br>soup with not more<br>than 1 part water. |
|  | Pound                  | 3.52                                       | 1 cup reconstituted                   | 28.50   |   |
| Ready-to-serve   | 8-oz can               | 1.00                                       | 1 cup serving<br>(1/4 cup peas)       | 100.00  |   |
| <b>PORK, FRESH OR FROZEN</b>                                 |                        |  |                                       |   |   |
| <b>CHOPS, LOIN</b>   |                        |  |                                       |   |   |
| With bone  | Pound                  | 4.30                                       | 2 ounces cooked meat                  | 23.30   | 1 lb AP = 0.54 lb<br>cooked meat.                               |
| Without bone<br>(tenderloin)                                 | Pound                  | 6.00                                       | 2 ounces cooked meat                  | 16.70   | 1 lb AP = 0.75 lb<br>cooked meat.                               |
| <b>GROUND PORK</b>   |                        |  |                                       |   |   |
| Special purchase, frozen<br>(no more than 26 percent<br>fat) | Pound                  | 5.84                                       | 2 ounces cooked meat                  | 17.20   | 1 lb AP = 0.73 lb<br>cooked meat.                               |

\* Pea soup includes cream of pea soup.

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)           | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|------------------------------------|----------------------|--|--------------------------------|---|--|
| <b>PORK, FRESH OR FROZEN</b>       |                      |  |                                |   |  |
| <b>—Continued</b>                  |                      |  |                                |   |  |
| HEART<br>(trimmed)                 | Pound                | 4.36                                       | 2 ounces cooked meat           | 23.00   | 1 lb AP = 0.54 lb<br>cooked meat.      |
| LIVER<br>(trimmed)                 | Pound                | 5.28                                       | 2 ounces cooked meat           | 19.00   | 1 lb AP = 0.66 lb<br>cooked meat.      |
| <b>ROASTS</b>                      |                      |  |                                |   |  |
| Leg, fresh ham<br>With bone        | Pound                | 4.38                                       | 2 ounces cooked meat           | 22.90   | 1 lb AP = 0.55 lb<br>cooked meat.      |
| Without bone                       | Pound                | 5.40                                       | 2 ounces cooked meat           | 18.60   | 1 lb AP = 0.68 lb<br>cooked meat.      |
| Loin<br>With bone                  | Pound                | 3.98                                       | 2 ounces cooked meat           | 25.20   | 1 lb AP = 0.50 lb<br>cooked meat.      |
| Without bone                       | Pound                | 6.16                                       | 2 ounces cooked meat           | 16.30   | 1 lb AP = 0.77 lb<br>cooked meat.      |
| Shoulder, Boston butt<br>With bone | Pound                | 4.96                                       | 2 ounces cooked meat           | 20.20   | 1 lb AP = 0.62 lb<br>cooked meat.      |
| Without bone                       | Pound                | 5.44                                       | 2 ounces cooked meat           | 18.40   | 1 lb AP = 0.68 lb<br>cooked meat.      |
| Shoulder, picnic<br>With bone      | Pound                | 3.87                                       | 2 ounces cooked meat           | 25.90   | 1 lb AP = 0.48 lb.<br>cooked meat.     |
| Without bone                       | Pound                | 5.12                                       | 2 ounces cooked meat           | 19.60   | 1 lb AP = 0.64 lb<br>cooked meat.      |
| SAUSAGE, BULK OR LINK              | Pound                | 4.08                                       | 2 ounces cooked meat           | 24.60   | 1 lb AP = 0.51 lb<br>cooked meat.      |
| SPARERIBS                          | Pound                | 2.06                                       | 2 ounces cooked meat           | 48.60   | 1 lb AP = 0.26 lb<br>cooked meat.      |
| <b>PORK, MILD CURED</b>            |                      |  |                                |   |  |
| HAM<br>With bone                   | Pound                | 5.36                                       | 2 ounces cooked meat           | 18.70   | 1 lb AP = 0.67 lb<br>cooked meat.      |
| Without bone                       | Pound                | 6.16                                       | 2 ounces cooked meat           | 16.30   | 1 lb AP = 0.77 lb<br>cooked meat.      |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                        | Purchase unit<br>(2)  | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|---|-----------------------|--|--------------------------------|---|--|
| <b>PORK, MILD CURED</b>                         |                       |  |                                |   |  |
| <b>—Continued</b>                               |                       |  |                                |   |  |
| <b>SHOULDER, BOSTON BUTT</b><br>With bone ..... | Pound .....           | 5.36                                       | 2 ounces cooked meat .....     | 18.70   | 1 lb AP=0.67 lb<br>cooked meat.        |
| Without bone .....                              | Pound .....           | 5.92                                       | 2 ounces cooked meat .....     | 16.90   |  |
| <b>SHOULDER, PICNIC</b><br>With bone .....      | Pound .....           | 4.50                                       | 2 ounces cooked meat .....     | 22.30   | 1 lb AP=0.56 lb<br>cooked meat.        |
| Without bone .....                              | Pound .....           | 5.92                                       | 2 ounces cooked meat .....     | 16.90   | 1 lb AP=0.74 lb<br>cooked meat.        |
| <b>SEAFOOD, FRESH OR FROZEN</b>                 |                       |  |                                |   |  |
| <b>CLAMS, SHUCKED</b> .....                     | Pound<br>(1 pt) ..... | 3.84                                       | 2 ounces cooked clams .....    | 26.10   | 1 lb AP=0.48 lb<br>cooked clams.       |
| <b>CRAB MEAT</b> .....                          | Pound .....           | 7.76                                       | 2 ounces cooked crab<br>meat.  | 12.90   | 1 lb AP=0.97 lb<br>cooked crab meat.   |
| <b>FISH FILLETS</b> .....                       | Pound .....           | 5.12                                       | 2 ounces cooked fish .....     | 19.60   | 1 lb AP=0.64 lb<br>cooked fish.        |
| <b>FISH PORTIONS, FROZEN</b>                    |                       |  |                                |   |  |
| <b>Fried breaded</b><br>(65 percent fish)       |                       |  |                                |   |  |
| 4-oz portion .....                              | Pound .....           | 4.00                                       | 1 portion .....                | 25.00   | 1 lb AP=0.58 lb<br>cooked fish.        |
|   |                       |  | (2.3 oz cooked fish)           |   |  |
| 3-oz portion .....                              | Pound .....           | 5.33                                       | 1 portion .....                | 18.80   | 1 lb AP=0.54 lb<br>cooked fish.        |
|   |                       |  | (1.6 oz cooked fish)           |   |  |
| 2-oz portion .....                              | Pound .....           | 8.00                                       | 1 portion .....                | 12.50   | 1 lb AP=0.53 lb<br>cooked fish.        |
|   |                       |  | (1.1 oz cooked fish)           |   |  |
| <b>Raw breaded</b><br>(75 percent fish)         |                       |  |                                |   |  |
| 4-oz portion .....                              | Pound .....           | 4.00                                       | 1 portion .....                | 25.00   | 1 lb AP=0.58 lb<br>cooked fish.        |
|   |                       |  | (2.3 oz cooked fish)           |   |  |
| 3-oz portion .....                              | Pound .....           | 5.33                                       | 1 portion .....                | 18.80   | 1 lb AP=0.54 lb<br>cooked fish.        |
|   |                       |  | (1.6 oz cooked fish)           |   |  |
| 2-oz portion .....                              | Pound .....           | 8.00                                       | 1 portion .....                | 12.50   | 1 lb AP=0.53 lb<br>cooked fish.        |
|   |                       |  | (1.1 oz cooked fish)           |   |  |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                  | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)    | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|---|----------------------|--|-----------------------------------|---|--|
| <b>SEAFOOD, FRESH OR FROZEN—Continued</b> |                      |  |                                   |   |  |
| <b>FISH PORTIONS, FROZEN—Continued</b>    |                      |  |                                   |   |  |
| Unbreaded<br>3-oz portion                 | Pound                | 5.33                                       | 1 portion<br>(2.1 oz cooked fish) | 18.80   | 1 lb AP=0.69 lb<br>cooked fish.        |
| 2-oz portion                              | Pound                | 8.00                                       | 1 portion<br>(1.4 oz cooked fish) | 12.50   | 1 lb AP=0.68 lb<br>cooked fish.        |
| <b>FISH STEAKS</b>                        | Pound                | 4.64                                       | 2 ounces cooked fish              | 21.60   | 1 lb AP=0.58 lb<br>cooked fish.        |
| <b>FISH STICKS, FROZEN</b>                |                      |  |                                   |   |  |
| <b>Fried breaded (60 percent fish)</b>    |                      |  |                                   |   |  |
| 1-oz stick                                | Pound                | 4.00                                       | 4 sticks<br>(2.0 oz cooked fish)  | 25.00   | 1 lb AP=0.50 lb<br>cooked fish.        |
|   | Pound                | 5.33                                       | 3 sticks<br>(1.5 oz cooked fish)  | 18.80   | 1 lb AP=0.50 lb<br>cooked fish.        |
|   | Pound                | 8.00                                       | 2 sticks<br>(1.0 oz cooked fish)  | 12.50   | 1 lb AP=0.50 lb<br>cooked fish.        |
|   | Pound                | 16.00                                      | 1 stick<br>(0.5 oz cooked fish)   | 6.25  | 1 lb AP=0.50 lb<br>cooked fish.        |
| <b>Raw breaded (72 percent fish)</b>      |                      |  |                                   |   |  |
| 1-oz stick                                | Pound                | 4.00                                       | 4 sticks<br>(2.0 oz cooked fish)  | 25.00   | 1 lb AP=0.50 lb<br>cooked fish.        |
|   | Pound                | 5.33                                       | 3 sticks<br>(1.5 oz cooked fish)  | 18.80   | 1 lb AP=0.50 lb<br>cooked fish.        |
|   | Pound                | 8.00                                       | 2 sticks<br>(1.0 oz cooked fish)  | 12.50   | 1 lb AP=0.50 lb<br>cooked fish.        |
|   | Pound                | 16.00                                      | 1 stick<br>(0.5 oz cooked fish)   | 6.25  | 1 lb AP=0.50 lb<br>cooked fish.        |
| <b>OYSTERS, SHUCKED</b>                   | Pound<br>(1 pt)      | 3.20                                       | 2 ounces cooked oysters           | 31.30   | 1 lb AP=0.40 lb<br>cooked oysters.     |
| <b>SCALLOPS</b>                           | Pound                | 5.04                                       | 2 ounces cooked scallops          | 19.90   | 1 lb AP=0.63 lb<br>cooked scallops.    |

**NOTE:** To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                              | Purchase unit<br>(2)            | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)         | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|---|---------------------------------|--|--|---|--|
| <b>SEAFOOD, FRESH OR FROZEN—Continued</b>             |                                 |  |  |   |  |
| <b>SEAFOOD CAKES, FROZEN<br/>(70 percent seafood)</b> |                                 |  |  |   |  |
| 3-oz cake   | Pound                           | 5.33                                       | 1 cake<br>(2.0 oz cooked sea-<br>food) | 18.80   | 1 lb AP=0.67 lb<br>cooked seafood.     |
| 2-1/2-oz cake   | Pound                           | 6.40                                       | 1 cake<br>(1.7 oz cooked sea-<br>food) | 15.70   | 1 lb AP=0.67 lb<br>cooked seafood.     |
| 2-oz cake   | Pound                           | 8.00                                       | 1 cake<br>(1.3 oz cooked sea-<br>food) | 12.50   | 1 lb AP=0.67 lb<br>cooked seafood.     |
| <b>SHRIMP</b>   |                                 |  |  |   |  |
| Cooked, peeled, and<br>cleaned.                       | Pound                           | 8.00                                       | 2 ounces cooked shrimp                 | 12.50   | 1 lb AP=1.00 lb<br>cooked shrimp.      |
| Raw breaded, frozen<br>(50 percent shrimp)            | Pound                           | 3.33                                       | 2 ounces cooked shrimp                 | 30.00   | 1 lb AP=0.42 lb<br>cooked shrimp.      |
| Raw, in shell   | Pound                           | 4.00                                       | 2 ounces cooked shrimp                 | 25.00   | 1 lb AP=0.50 lb<br>cooked shrimp.      |
| <b>WHOLE FISH</b>                                     | Pound                           | 2.16                                       | 2 ounces cooked fish                   | 46.30   | 1 lb AP=0.27 lb<br>cooked fish.        |
| <b>SEAFOOD, CANNED</b>                                |                                 |  |  |   |  |
| <b>CLAMS, MINCED</b>                                  | 51-oz can                       | 12.00                                      | 2 ounces clams                         | 8.35  | 1 can=24 oz drained<br>clams.          |
|   | 7-1/2-oz can                    | 1.87                                       | 2 ounces clams                         | 53.50   | 1 can=3-3/4 oz<br>drained clams.       |
| <b>CRAB MEAT</b>                                      | 6-1/2-oz can                    | 2.75                                       | 2 ounces crab meat                     | 36.40   | 1 can=5-1/2 oz<br>drained crab meat.   |
| <b>FLAKED FISH</b>                                    | 48-oz can                       | 20.50                                      | 2 ounces fish                          | 4.90  | 1 can=0.41 oz<br>drained fish.         |
|   | 7-oz can                        | 3.00                                       | 2 ounces fish                          | 33.40   | 1 can=6 oz drained<br>fish.            |
| <b>MACKEREL</b>                                       | 15-oz can                       | 6.25                                       | 2 ounces mackerel                      | 16.00   | 1 can=12-1/2 oz<br>drained mackerel.   |
| <b>MAINE SARDINES</b>                                 | 3-3/4- to 4-oz<br>can.          | 1.87                                       | 2 ounces sardines                      | 53.50   | 1 can=3-3/4 oz<br>drained sardines.    |
| <b>OYSTERS</b>  | 5-oz can<br>(drained<br>weight) | 2.50                                       | 2 ounces oysters                       | 40.00   | 1 can=5 oz drained<br>oysters.         |



## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                                      | Purchase unit<br>(2)                 | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)  | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)   |
|---|--------------------------------------|--|---|---|--|
| <b>SEAFOOD, CANNED</b><br>—Continued                          |                                      |  |   |   |  |
| PACIFIC SARDINES  | 15-oz can                            | 5.75                                       | 2 ounces sardines   | 17.40   | 1 can = 11-1/2 oz<br>drained sardines.   |
| SALMON  | 64-oz can                            | 25.00                                      | 2 ounces salmon   | 4.00  | 1 can = 50 oz drained<br>salmon.         |
|   | 16-oz can                            | 6.50                                       | 2 ounces salmon   | 15.40   | 1 can = 13 oz drained<br>salmon.         |
| SHRIMP  | 13-1/2-oz can<br>(drained<br>weight) | 6.75                                       | 2 ounces shrimp   | 14.90   | 1 can = 13-1/2 oz<br>drained shrimp.     |
|   | 4-1/2-oz can<br>(drained<br>weight)  | 2.25                                       | 2 ounces shrimp   | 44.50   | 1 can = 4-1/2 oz<br>drained shrimp.      |
| TUNA  | 60-to 66-1/2-<br>oz can.             | 29.00                                      | 2 ounces tuna   | 3.45  | 1 can = 58 oz drained<br>tuna.           |
|   | 6- to 7-oz<br>can.                   | 3.00                                       | 2 ounces tuna   | 33.40   | 1 can = 6 oz drained<br>tuna.            |
| <b>SEAFOOD, DRIED</b>   |                                      |  |   |   |  |
| SALT COD  | Pound                                | 5.76                                       | 2 ounces cooked fish  | 17.40   | 1 lb AP = 0.72 lb<br>cooked fish.        |
| <b>TURKEY, FRESH OR<br/>FROZEN</b>                            |                                      |  |   |   |  |
| TURKEY<br>(ready-to-cook)<br>Whole<br>(with neck and giblets) | Pound                                | 3.80                                       | 2 ounces cooked turkey<br>meat incl. meat from<br>neck, giblets, and<br>skin. | 26.40   | 1 lb AP = 0.48 lb<br>cooked turkey meat. |
|   | Pound                                | 3.78                                       | 2 ounces cooked turkey<br>meat excl. meat from<br>neck and giblets.           | 26.50   | 1 lb AP = 0.47 lb<br>cooked turkey meat. |
|   | Pound                                | 3.24                                       | 2 ounces cooked turkey<br>meat excl. meat from<br>neck, giblets, and<br>skin. | 30.90   | 1 lb AP = 0.40 lb<br>cooked turkey meat. |
| Halves  | Pound                                | 4.16                                       | 2 ounces cooked turkey<br>meat incl. skin.                                    | 24.10   | 1 lb AP = 0.52 lb<br>cooked turkey meat. |
|   | Pound                                | 3.64                                       | 2 ounces cooked turkey<br>meat excl. skin.                                    | 27.50   | 1 lb AP = 0.46 lb<br>cooked turkey meat. |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                 | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)              | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)        |
|--|----------------------|--|---|---|---|
| <b>TURKEY, FRESH OR FROZEN—Continued</b> |                      |  |   |   |   |
| <b>TURKEY—Continued</b>                  |                      |  |   |   |   |
| Breast quarters                          | Pound                | 4.08                                       | 2 ounces cooked turkey meat incl. skin.     | 24.60   | 1 lb AP=0.51 lb cooked turkey meat.           |
|  | Pound                | 3.60                                       | 2 ounces cooked turkey meat excl. skin.     | 27.80   | 1 lb AP=0.45 lb cooked turkey meat.           |
| Leg quarters                             | Pound                | 3.84                                       | 2 ounces cooked turkey meat incl. skin.     | 26.10   | 1 lb AP=0.48 lb cooked turkey meat.           |
|  | Pound                | 3.44                                       | 2 ounces cooked turkey meat excl. skin.     | 29.10   | 1 lb AP=0.43 lb cooked turkey meat.           |
| <b>TURKEY PARTS</b>                      |                      |  |   |   |   |
| Breasts<br>(whole or halves)             | Pound                | 4.66                                       | 2 ounces cooked turkey meat incl. skin.     | 21.50   | 1 lb AP=0.58 lb cooked turkey meat.           |
|  | Pound                | 4.06                                       | 2 ounces cooked turkey meat excl. skin.     | 24.70   | 1 lb AP=0.51 lb cooked turkey meat.           |
| Drumsticks                               | Pound                | 3.70                                       | 2 ounces cooked turkey meat incl. skin.     | 27.10   | 1 lb AP=0.46 lb cooked turkey meat.           |
|  | Pound                | 3.28                                       | 2 ounces cooked turkey meat excl. skin.     | 30.50   | 1 lb AP=0.41 lb cooked turkey meat.           |
| Thighs                                   | Pound                | 4.21                                       | 2 ounces cooked turkey meat incl. skin.     | 23.80   | 1 lb AP=0.53 lb cooked turkey meat.           |
|  | Pound                | 3.89                                       | 2 ounces cooked turkey meat excl. skin.     | 25.80   | 1 lb AP=0.49 lb cooked turkey meat.           |
| Backs                                    | Pound                | 2.97                                       | 2 ounces cooked turkey meat incl. skin.     | 33.70   | 1 lb AP=0.37 lb cooked turkey meat.           |
|  | Pound                | 2.46                                       | 2 ounces cooked turkey meat excl. skin.     | 40.70   | 1 lb AP=0.31 lb cooked turkey meat.           |
| Necks                                    | Pound                | 3.66                                       | 2 ounces cooked turkey meat.                | 27.40   | 1 lb AP=0.46 lb cooked turkey meat.           |
| Wings                                    | Pound                | 2.97                                       | 2 ounces cooked turkey meat excl. skin.     | 33.70   | 1 lb AP=0.37 lb cooked turkey meat.           |
| <b>TURKEY GIBLETS</b>                    |                      |  |   |   |   |
| Gizzards                                 | Pound                | 3.94                                       | 2 ounces cooked turkey gizzard incl. shell. | 25.40   | 1 lb AP=0.49 lb cooked whole gizzard.         |
|  | Pound                | 2.82                                       | 2 ounces cooked turkey gizzard excl. shell. | 35.50   | 1 lb AP=0.35 lb cooked gizzard without shell. |
| Hearts                                   | Pound                | 4.55                                       | 2 ounces cooked turkey heart.               | 22.00   | 1 lb AP=0.57 lb cooked heart.                 |
| Livers                                   | Pound                | 5.62                                       | 2 ounces cooked turkey liver.               | 17.80   | 1 lb AP=0.70 lb cooked liver.                 |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)                                 | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)   | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|--|----------------------|--|--|---|--|
| <b>TURKEY, FRESH OR FROZEN—Continued</b>                 |                      |  |  |   |  |
| <b>TURKEY, COOKED, DICED</b>                             | Pound                | 7.36                                       | 2 ounces turkey meat   | 13.60   | 1 lb AP=0.92 lb turkey meat.           |
| <b>TURKEY ROASTS OR ROLLS (boneless)</b>                 |                      |  |  |   |  |
| Raw, ready-to-cook (no more than 15 percent skin or fat) | Pound                | 5.63                                       | 2 ounces cooked turkey meat.   | 17.80   | 1 lb AP=0.70 lb cooked turkey meat.    |
| Cooked (no more than 1/4 inch skin and fat at any point) | Pound                | 7.36                                       | 2 ounces turkey meat   | 13.60   | 1 lb AP=0.92 lb turkey meat.           |
| <b>TURKEY FOOD PRODUCTS, CANNED OR FROZEN</b>            |                      |  |  |   |  |
| <b>BONED TURKEY</b>                                      |                      |  |  |   |  |
| Boned  | Pound                | 7.11                                       | 1/4 cup serving (about 2 ounces turkey meat)                           | 14.10   | 1 lb AP=0.90 lb cooked turkey meat.    |
| Boned, solid pack  | Pound                | 7.11                                       | 1/4 cup serving (about 2 ounces turkey meat)                           | 14.10   | 1 lb AP=0.95 lb cooked turkey meat.    |
| Boned, with broth  | Pound                | 7.11                                       | 1/4 cup serving (about 1-3/4 ounces turkey meat)                       | 14.10   | 1 lb AP=0.80 lb cooked turkey meat.    |
| Shredded (solid or dry pack)                             | Pound                | 7.11                                       | 1/4 cup serving (about 1-3/4 ounces turkey meat)                       | 14.10   | 1 lb AP=0.80 lb cooked turkey meat.    |
| <b>CREAMED TURKEY</b>                                    | Pound                | 2.37                                       | 3/4 cup serving (about 1-1/3 ounces turkey meat)                       | 42.20   | 1 lb AP=0.20 lb cooked turkey meat.    |
| <b>SLICED TURKEY WITH GRAVY.</b>                         | Pound                | 2.67                                       | 2/3 cup serving (about 2 ounces turkey meat)                           | 37.50   | 1 lb AP=0.35 lb cooked turkey meat.    |
| <b>TURKEY A LA KING</b>                                  | Pound                | 2.37                                       | 3/4 cup serving (about 1-1/3 ounces turkey meat)                       | 42.20   | 1 lb AP=0.20 lb cooked turkey meat.    |
| <b>TURKEY BARBECUE</b>                                   | Pound                | 3.56                                       | 1/2 cup serving (about 1-3/4 ounces turkey meat)                       | 28.10   | 1 lb AP=0.40 lb cooked turkey meat.    |
| <b>TURKEY HASH</b>                                       | Pound                | 2.67                                       | 2/3 cup serving (about 1-3/4 ounces turkey meat and 1/4 cup vegetable) | 37.50   | 1 lb AP=0.30 lb cooked turkey meat.    |
| <b>TURKEY NOODLES OR DUMPLINGS.</b>                      | Pound                | 1.78                                       | 1 cup serving (about 1-1/3 ounces turkey meat)                         | 56.20   | 1 lb AP=0.15 lb cooked turkey meat.    |

## MEAT AND MEAT ALTERNATES

| Food as purchased<br>(1)  | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                         | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|---|----------------------|--|--|---|--|
| <b>TURKEY FOOD PRODUCTS, CANNED OR FROZEN—Continued</b>                       |                      |  |  |   |  |
| TURKEY SALAD  | Pound                | 2.67                                       | 2/3 cup serving<br>(about 1-1/2 ounces<br>turkey meat) | 37.50   | 1 lb AP=0.25 lb<br>cooked turkey meat. |
| TURKEY WITH GRAVY   | Pound                | 2.67                                       | 2/3 cup serving<br>(about 2 ounces<br>turkey meat)     | 37.50   | 1 lb AP=0.35 lb<br>cooked turkey meat. |
| <b>VEAL, FRESH OR FROZEN</b>  |                      |  |  |   |  |
| CHOPS, LOIN<br>(with bone)  | Pound                | 4.88                                       | 2 ounces cooked meat                                   | 20.50   | 1 lb AP=0.61 lb<br>cooked meat.        |
| CUTLETS, LEG<br>With bone   | Pound                | 5.60                                       | 2 ounces cooked meat                                   | 17.90   | 1 lb AP=0.70 lb<br>cooked meat.        |
| Without bone  | Pound                | 6.24                                       | 2 ounces cooked meat                                   | 16.10   | 1 lb AP=0.78 lb<br>cooked meat.        |
| GROUND VEAL   | Pound                | 5.84                                       | 2 ounces cooked meat                                   | 17.20   | 1 lb AP=0.73 lb<br>cooked meat.        |
| HEART<br>(trimmed)  | Pound                | 4.82                                       | 2 ounces cooked meat                                   | 20.80   | 1 lb AP=0.60 lb<br>cooked meat.        |
| LIVER, CALF<br>(trimmed)  | Pound                | 4.96                                       | 2 ounces cooked meat                                   | 20.20   | 1 lb AP=0.62 lb<br>cooked meat.        |
| <b>ROASTS</b>   |                      |  |  |   |  |
| Chuck<br>With bone  | Pound                | 3.68                                       | 2 ounces cooked meat                                   | 27.20   | 1 lb AP=0.46 lb<br>cooked meat.        |
| Without bone  | Pound                | 5.28                                       | 2 ounces cooked meat                                   | 19.00   | 1 lb AP=0.66 lb<br>cooked meat.        |
| Leg<br>With bone  | Pound                | 3.92                                       | 2 ounces cooked meat                                   | 25.60   | 1 lb AP=0.49 lb<br>cooked meat.        |
| Without bone  | Pound                | 5.52                                       | 2 ounces cooked meat                                   | 18.20   | 1 lb AP=0.69 lb<br>cooked meat.        |
| Shoulder<br>(without bone)  | Pound                | 5.28                                       | 2 ounces cooked meat                                   | 19.00   | 1 lb AP=0.66 lb<br>cooked meat.        |
| STEAKS, CHOPPED OR<br>CUBED, FROZEN.<br>(boneless patty, about<br>3.1 oz raw) | Pound                | 5.16                                       | 1 steak<br>(about 2.3 oz cooked<br>meat)               | 19.40   | 1 lb AP=0.75 lb<br>cooked meat.        |
| STEW MEAT   | Pound                | 5.28                                       | 2 ounces cooked meat                                   | 19.00   | 1 lb AP=0.66 lb<br>cooked meat.        |

# Vegetables / Fruits



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## VEGETABLES AND FRUITS

About 100 different vegetables and fruits—in fresh, canned, frozen, and dehydrated form—are listed alphabetically in this section. Canned and frozen juices and canned soups are listed at the end of the section.

### Vegetable and Fruit Information in this Guide Includes:

- Yield information on common institution size packs and a one-pound unit of many canned and frozen vegetables and fruits on the market.
- Yields in terms of 1/2 and 1/4 cup servings to simplify menu planning and food buying in relation to the vegetable and fruit requirement of the Type A lunch.
- Yields of whole vegetables and fruits (raw or cooked) given in parentheses to describe the serving.
- Yield information on canned and frozen juices.
- Yield information on canned soups that contain at least 1/4 cup vegetable per cup of soup.

### Serving of Cooked Vegetables and Fruits:

- A serving of cooked vegetable is drained vegetable as usually served.
- A serving of cooked fruit consists of fruit and juice even where the serving is described as “cooked.”
- A serving of thawed frozen fruit is fruit and the juice that accumulated during thawing.
- A serving of fruit may include “sugar added” when the fruit was cooked. Enough sugar was added to some fresh, dehydrated, or frozen fruits to serve as sweetened fruit.

Yields of vegetables and fruits vary in the number of servings per purchase unit, according to the form of food used. For example:

- Frozen vegetables usually yield more servings per pound than fresh vegetables since the frozen products are already prepared for cooking and serving.
- Net weight of contents of the can is given under the can size in column 2. Volume and weight of drained fruit or vegetable for the No. 10 can are usually given in column 6.
- Tomato paste, tomato puree, and tomato sauce yields were determined by volume of the concentrated mixture as well as by volume of reconstituted juice.
- Dehydrated vegetables and fruits yield more servings per pound than fresh, frozen, or canned because they gain weight and volume as they absorb water during soaking and cooking. Some dehydrated products, particularly fruits, continue to expand while cooling.

### Dehydrated Vegetables and Fruits in Column 1 Include:

- Low moisture—dehydrated to 2-1/2 to 5 percent moisture content.
- Regular moisture—dried to 18 to 25 percent moisture content.

Pound of Canned Food—the number of 1/2 cup servings per pound of product is based on the net weight (food and liquid) of the No. 10 can.

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                         | Purchase unit<br>(2)           | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                 | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)            |                            |                                   |
|--|--------------------------------|--|--|---|---|----------------------------|-----------------------------------|
| <b>APPLES</b>                                    |                                |  |  |   |   |                            |                                   |
| Fresh  | Pound                          | 4.00                                       | 1 small raw apple<br>(about 1/2 cup)           | 25.00   | 1 lb AP=0.76 lb<br>ready-to-cook or<br>serve raw. |                            |                                   |
|  | Pound                          | 5.79                                       | 1/2 cup raw diced                              | 17.30   |   |                            |                                   |
|  |                                | 11.58                                      | 1/4 cup raw diced                              | 8.65  |   |                            |                                   |
|  | Pound                          | 3.00                                       | 1 medium baked apple<br>(about 1/2 cup cooked) | 33.40   |   | 1 lb AP=0.72 lb<br>cooked. |                                   |
|  | Pound                          | 3.13                                       | 1/2 cup cooked sliced                          | 32.00   |   |                            |                                   |
|  |                                | 6.26                                       | 1/4 cup cooked sliced                          | 16.00   |   |                            |                                   |
|  | Canned<br>(slices, solid pack) | No. 10 can<br>(96 oz)                      | 25.30  | 1/2 cup fruit                                   | 3.95  |                            | 1 can=about 12-1/2<br>cups fruit. |
|  |                                |  | 50.60  | 1/4 cup fruit                                   | 2.00  |                            |                                   |
| No. 2-1/2 can<br>(26 oz)                         |                                | 6.86                                       | 1/2 cup fruit                                  | 14.60   |   |                            |                                   |
|  |                                | 13.72                                      | 1/4 cup fruit                                  | 7.30  |   |                            |                                   |
| Pound  |                                | 4.22                                       | 1/2 cup fruit                                  | 23.70   |   |                            |                                   |
| Frozen<br>(slices)                               | 30-lb can                      | 99.30                                      | 1/2 cup fruit, thawed                          | 1.05  |   |                            |                                   |
|  |                                | 198.60                                     | 1/4 cup fruit, thawed                          | .50   |   |                            |                                   |
|  | 2-1/2-lb pkg                   | 8.28                                       | 1/2 cup fruit, thawed                          | 12.10   |   |                            |                                   |
|  |                                | 16.56                                      | 1/4 cup fruit, thawed                          | 6.05  |   |                            |                                   |
|  | Pound                          | 3.31                                       | 1/2 cup fruit, thawed                          | 30.30   |   |                            |                                   |
|  |                                | 6.62                                       | 1/4 cup fruit, thawed                          | 15.20   |   |                            |                                   |
|  | Pound                          | 3.51                                       | 1/2 cup cooked, sugar<br>added.                | 28.50   |   |                            |                                   |
|  |                                | 7.02                                       | 1/4 cup cooked, sugar<br>added.                | 14.30   |   |                            |                                   |
| Dehydrated<br>Low moisture<br>(slices or wedges) | No. 10 can<br>(30 oz)          | 41.20                                      | 1/2 cup cooked                                 | 2.45  | 1 lb dry=about 8<br>cups.                         |                            |                                   |
|  |                                | 82.40                                      | 1/4 cup cooked                                 | 1.25  |   |                            |                                   |
|  | Pound                          | 21.90                                      | 1/2 cup cooked                                 | 4.60  |   |                            |                                   |
|  |                                | 43.80                                      | 1/4 cup cooked                                 | 2.30  |   |                            |                                   |
|  | Regular moisture<br>(slices)   | Pound                                      | 15.40  | 1/2 cup cooked                                  |   | 6.50                       | 1 lb dry=about 4-1/2<br>cups.     |
|  |                                |  | 30.80  | 1/4 cup cooked                                  |   | 3.25                       |                                   |
| <b>APPLESAUCE</b>                                |                                |  |  |   |   |                            |                                   |
| Canned   | No. 10 can<br>(108 oz)         | 24.00                                      | 1/2 cup fruit                                  | 4.20  | 1 can=about 12 cups<br>fruit.                     |                            |                                   |
|  |                                | 48.00                                      | 1/4 cup fruit                                  | 2.10  |   |                            |                                   |
|  | No. 2-1/2 can<br>(29 oz)       | 6.44                                       | 1/2 cup fruit                                  | 15.60   |   |                            |                                   |
|  |                                | 12.88                                      | 1/4 cup fruit                                  | 7.80  |   |                            |                                   |
| Pound  | 3.56                           | 1/2 cup fruit                              | 28.10  |   |   |                            |                                   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                         | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)           | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)   |
|--|--------------------------|--|--|---|--|
| <b>APPLESAUCE—Continued</b>                      |                          |  |  |   |  |
| Dehydrated<br>Low moisture<br>(nuggets)          | No. 10 can<br>(40 oz)    | 69.40                                      | 1/2 cup cooked, sugar<br>added.          | 1.45  | 1 lb dry = about 4-1/2<br>cups.          |
|  |                          | 138.80                                     | 1/4 cup cooked, sugar<br>added.          | .72   |  |
|  | Pound                    | 27.70                                      | 1/2 cup cooked, sugar<br>added.          | 3.65  |  |
|  |                          | 55.40                                      | 1/4 cup cooked, sugar<br>added.          | 1.80  |  |
| <b>APRICOTS</b>                                  |                          |  |  |   |  |
| Fresh  | Pound                    | 6.00                                       | 2 medium raw apricots<br>(about 1/2 cup) | 16.70   | 1 lb AP = 0.93 lb<br>ready-to-serve raw. |
|  | Pound                    | 5.43                                       | 1/2 cup raw halves                       | 18.50   |  |
|  |                          | 10.86                                      | 1/4 cup raw halves                       | 9.25  |  |
| Canned<br>(halves, unpeeled or<br>whole, peeled) | No. 10 can<br>(108 oz)   | 23.60                                      | 1/2 cup fruit and juice                  | 4.25  |  |
|  |                          | 47.20                                      | 1/4 cup fruit and juice                  | 2.15  |  |
|  | No. 2-1/2 can<br>(30 oz) | 6.58                                       | 1/2 cup fruit and juice                  | 15.20   |  |
|  |                          | 13.16                                      | 1/4 cup fruit and juice                  | 7.60  |  |
|  | Pound                    | 3.51                                       | 1/2 cup fruit and juice                  | 28.50   |  |
| Frozen<br>(halves)                               | 25-lb can                | 90.50                                      | 1/2 cup cooked                           | 1.10  |  |
|  |                          | 181.00                                     | 1/4 cup cooked                           | .55   |  |
|  | 8-1/2-lb can             | 30.70                                      | 1/2 cup cooked                           | 3.30  |  |
|  |                          | 61.40                                      | 1/4 cup cooked                           | 1.65  |  |
|  | Pound                    | 3.62                                       | 1/2 cup cooked                           | 27.70   |  |
|  |                          | 7.24                                       | 1/4 cup cooked                           | 13.90   |  |
|  | Pound                    | 3.52                                       | 1/2 cup fruit, thawed                    | 28.50   |  |
|  |                          | 7.04                                       | 1/4 cup fruit, thawed                    | 14.20   |  |
| Dehydrated<br>Low moisture<br>Nuggets            | Pound                    | 15.30                                      | 1/2 cup cooked, sugar<br>added.          | 6.55  | 1 lb dry = about 3-1/3<br>cups.          |
|  |                          | 30.30                                      | 1/4 cup cooked, sugar<br>added.          | 3.30  |  |
|  | Pound                    | 16.30                                      | 1/2 cup cooked, sugar<br>added.          | 6.15  | 1 lb dry = about 3-3/4<br>cups.          |
|  |                          | 32.60                                      | 1/4 cup cooked, sugar<br>added.          | 3.10  |  |
|  | Slices                   | Pound                                      | 16.30                                    | 1/2 cup cooked, sugar<br>added.                 | 6.15                                     |
|  |                          |  | 32.60                                    | 1/4 cup cooked, sugar<br>added.                 | 3.10                                     |



## VEGETABLES, FRUITS

| Food as purchased<br>(1)     | Purchase unit<br>(2)   | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)   | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)   |
|------------------------------|------------------------|--|--|---|--|
| <b>APRICOTS—Continued</b>    |                        |  |  |   |  |
| <b>Dehydrated—Continued</b>  |                        |  |  |   |  |
| Regular moisture<br>(halves) | Pound                  | 12.70<br>25.40                             | 1/2 cup cooked, sugar<br>added.<br>1/4 cup cooked, sugar<br>added.                   | 7.90<br>3.95                                    | 1 lb dry = 3-1/4 cups.                   |
| <b>ASPARAGUS</b>             |                        |  |  |   |  |
| Fresh                        | Pound                  | 2.47                                       | 1/2 cup cooked spears<br>(about 4 medium)  | 40.50   | 1 lb AP = 0.56 lb<br>ready-to-cook.      |
|                              | Pound                  | 3.06<br>6.12                               | 1/2 cup cooked cuts and<br>tips.<br>1/4 cup cooked cuts and<br>tips.                 | 32.70<br>16.40                                  | 1 lb AP = 0.49 lb<br>cooked.             |
| <b>Canned</b>                |                        |  |  |   |  |
| Spears                       | No. 10 can<br>(102 oz) | 17.10                                      | 1/2 cup vegetable<br>(about 6 spears)  | 5.85  | 1 can = 63 oz drained<br>vegetable.      |
|                              | Pound                  | 2.68<br>5.36                               | 1/2 cup vegetable<br>1/4 cup vegetable   | 37.40<br>18.70                                  |  |
| Cuts and tips                | No. 10 can<br>(103 oz) | 18.90<br>37.80                             | 1/2 cup vegetable<br>1/4 cup vegetable   | 5.30<br>2.65                                    | 1 can = 60 oz drained<br>vegetable.      |
|                              | Pound                  | 2.94<br>5.88                               | 1/2 cup vegetable<br>1/4 cup vegetable   | 34.10<br>17.10                                  |  |
| <b>Frozen</b>                |                        |  |  |   |  |
| Spears                       | 2-1/2-lb pkg           | 10.00                                      | 1/2 cup cooked spears<br>(about 4 medium)  | 10.00   |  |
|                              | Pound                  | 4.03<br>8.06                               | 1/2 cup cooked spears<br>1/4 cup cooked spears                                       | 24.90<br>12.50                                  |  |
| Cuts and tips                | 2-1/2-lb pkg           | 10.00<br>20.00                             | 1/2 cup cooked<br>1/4 cup cooked   | 10.00<br>5.00                                   |  |
|                              | Pound                  | 4.03<br>8.06                               | 1/2 cup cooked<br>1/4 cup cooked   | 24.90<br>12.50                                  |  |
| <b>AVOCADOS</b>              |                        |  |  |   |  |
| Fresh                        | Pound                  | 4.36<br>8.72                               | 1/2 cup raw diced,<br>sliced, or wedged.<br>1/4 cup raw diced,<br>sliced, or wedged. | 23.00<br>11.50                                  | 1 lb AP = 0.72 lb<br>ready-to-serve raw. |
|                              | Pound                  | 2.84<br>5.68                               | 1/2 cup raw mashed<br>1/4 cup raw mashed   | 35.30<br>17.70                                  |  |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)   | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)    | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|----------------------------|--------------------------|--|-----------------------------------|---|--|
| <b>BANANAS</b>             |                          |  |                                   |   |  |
| Fresh                      | Pound                    | 3.00                                       | 1 small banana<br>(about 1/2 cup) | 33.40   | 1 lb AP=0.67 lb<br>ready-to-serve raw. |
|                            | Pound                    | 4.06                                       | 1/2 cup raw sliced                | 24.70   |  |
|                            |                          | 8.12                                       | 1/4 cup raw sliced                | 12.40   |  |
|                            | Pound                    | 2.70                                       | 1/2 cup raw mashed                | 37.10   |  |
|                            |                          | 5.40                                       | 1/4 cup raw mashed                | 18.60   |  |
|                            | <b>Canned Mashed</b>     |  |                                   |   |  |
| Canned Mashed              | No. 10 can<br>(116 oz)   | 25.40                                      | 1/2 cup fruit                     | 3.95  |  |
|                            |                          | 50.80                                      | 1/4 cup fruit                     | 2.00  |  |
|                            | Pound                    | 3.52                                       | 1/2 cup fruit                     | 28.50   |  |
| <b>BEANS, GREEN OR WAX</b> |                          |  |                                   |   |  |
| Fresh                      | Pound                    | 6.11                                       | 1/2 cup cooked pieces             | 16.40   | 1 lb AP=0.88 lb<br>ready-to-cook.      |
|                            |                          | 12.22                                      | 1/4 cup cooked pieces             | 8.20  |  |
| Canned                     | No. 10 can<br>(101 oz)   | 25.50                                      | 1/2 cup vegetable                 | 3.95  | 1 can=63 oz drained<br>vegetable.      |
|                            |                          | 51.00                                      | 1/4 cup vegetable                 | 2.00  |  |
|                            | No. 2-1/2 can<br>(28 oz) | 6.64                                       | 1/2 cup vegetable                 | 15.10   |  |
|                            |                          | 13.28                                      | 1/4 cup vegetable                 | 7.55  |  |
| Frozen                     | 20-lb pkg                | 125.00                                     | 1/2 cup cooked                    | .80   |  |
|                            |                          | 250.00                                     | 1/4 cup cooked                    | .40   |  |
|                            | 2-1/2-lb pkg             | 15.60                                      | 1/2 cup cooked                    | 6.45  |  |
|                            |                          | 31.20                                      | 1/4 cup cooked                    | 3.25  |  |
|                            | Pound                    | 6.25                                       | 1/2 cup cooked                    | 16.00   |  |
|                            |                          | 12.50                                      | 1/4 cup cooked                    | 8.00  |  |
| <b>BEANS, LIMA</b>         |                          |  |                                   |   |  |
| Fresh<br>(shelled)         | Pound                    | 5.44                                       | 1/2 cup cooked                    | 18.40   | 1 lb in pod=0.39 lb<br>ready-to-cook.  |
|                            |                          | 10.88                                      | 1/4 cup cooked                    | 9.20  |  |
| Canned<br>(green)          | No. 10 can<br>(105 oz)   | 24.00                                      | 1/2 cup vegetable                 | 4.20  | 1 can=72 oz drained<br>vegetable.      |
|                            |                          | 48.00                                      | 1/4 cup vegetable                 | 2.10  |  |
|                            | Pound                    | 3.66                                       | 1/2 cup vegetable                 | 27.40   |  |

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                  | Purchase unit<br>(2)   | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)     | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                        |
|---|------------------------|--|------------------------------------|---|---|
| <b>BEANS, LIMA—Continued</b>              |                        |  |                                    |   |   |
| Frozen<br>(Fordhook)                      | 20-lb pkg              | 113.00                                     | 1/2 cup cooked                     | .88   |   |
|   |                        | 226.00                                     | 1/4 cup cooked                     | .44   |   |
| 2-1/2-lb pkg                              | 14.10                  | 1/2 cup cooked                             | 7.10                               |   |   |
|   |                        | 28.20                                      | 1/4 cup cooked                     | 3.55  |   |
| Pound                                     | 5.65                   | 1/2 cup cooked                             | 17.70                              |   |   |
|   |                        | 11.30                                      | 1/4 cup cooked                     | 8.85  |   |
| <b>BEAN SPROUTS</b>                       |                        |  |                                    |   |   |
| Canned                                    | No. 10 can<br>(104 oz) | 21.60                                      | 1/2 cup vegetable                  | 4.65  | 1 can = 53 oz drained<br>vegetable.                           |
|   |                        | 43.20                                      | 1/4 cup vegetable                  | 2.35  |   |
|   | Pound                  | 3.33                                       | 1/2 cup vegetable                  | 30.10   |   |
| <b>BEEF GREENS</b>                        |                        |  |                                    |   |   |
| Fresh<br>(untrimmed)                      | Pound                  | 2.75                                       | 1/2 cup cooked                     | 36.40   | 1 lb AP = 0.56 lb<br>ready-to-cook.                           |
|   |                        | 5.50                                       | 1/4 cup cooked                     | 18.20   |   |
| <b>BEETS</b>                              |                        |  |                                    |   |   |
| Fresh<br>(without tops)                   | Pound                  | 4.05                                       | 1/2 cup cooked diced or<br>sliced. | 24.70   | 1 lb AP = 0.76 lb<br>cooked.                                  |
|   |                        | 8.10                                       | 1/4 cup cooked diced or<br>sliced. | 12.40   |   |
| Canned<br>Diced<br>(Harvard or plain)     | No. 10 can<br>(104 oz) | 24.00                                      | 1/2 cup vegetable                  | 4.20  | 1 can plain beets =<br>72 oz drained<br>vegetable.            |
|   |                        | 48.00                                      | 1/4 cup vegetable                  | 2.10  |   |
| Shoestring                                | No. 10 can<br>(104 oz) | 3.69                                       | 1/2 cup vegetable                  | 27.10   | 1 can = 68 oz drained<br>vegetable.                           |
|   |                        | 22.60                                      | 1/2 cup vegetable                  | 4.45  |   |
| Sliced<br>(Harvard, pickled, or<br>plain) | No. 10 can<br>(104 oz) | 45.20                                      | 1/4 cup vegetable                  | 2.25  | 1 can pickled or plain<br>beets = 68 oz drained<br>vegetable. |
|   |                        | 3.49                                       | 1/2 cup vegetable                  | 28.70   |   |
| Whole, baby beets<br>(pickled or plain)   | No. 10 can<br>(104 oz) | 22.60                                      | 1/2 cup vegetable                  | 4.45  | 1 can = 69 oz drained<br>vegetable.                           |
|   |                        | 45.20                                      | 1/4 cup vegetable                  | 2.25  |   |
| Pound                                     | 3.49                   | 1/2 cup vegetable                          | 28.70                              |   |   |
|   |                        | 24.40                                      | 1/2 cup vegetable                  | 4.10  |   |
| Pound                                     | 48.80                  | 1/4 cup vegetable                          | 2.05                               |   |   |
|   |                        | 3.76                                       | 1/2 cup vegetable                  | 26.60   |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1) | Purchase unit<br>(2)   | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)  |
|--------------------------|------------------------|--|--------------------------------|---|---|
| <b>BLACKBERRIES</b>      |                        |  |                                |   |   |
| Fresh                    | Quart<br>(1.46 lb)     | 8.83                                       | 1/2 cup raw berries            | 11.40   | 1 qt AP=about 4-1/2 cups (1.40 lb) ready-to-serve raw.<br>1 lb AP=0.96 lb ready-to-serve raw.<br>1 lb AP=0.99 lb cooked, sugar added. |
|                          |                        | 17.66                                      | 1/4 cup raw berries            | 5.70  |   |
|                          | Pound                  | 6.05                                       | 1/2 cup raw berries            | 16.60   |   |
|                          |                        | 12.10                                      | 1/4 cup raw berries            | 8.30  |   |
|                          | Pound                  | 3.38                                       | 1/2 cup cooked, sugar added.   | 29.60   |   |
|                          |                        | 6.76                                       | 1/4 cup cooked, sugar added.   | 14.80   |   |
| Canned                   | No. 10 can<br>(105 oz) | 23.90                                      | 1/2 cup fruit and juice        | 4.20  | 1 can=about 7-1/2 cups drained fruit.   |
|                          |                        | 47.80                                      | 1/4 cup fruit and juice        | 2.10  |   |
|                          | Pound                  | 3.65                                       | 1/2 cup fruit and juice        | 27.40   |   |
| Frozen                   | 30-lb can              | 112.00                                     | 1/2 cup cooked, sugar added.   | .89   |   |
|                          |                        | 224.00                                     | 1/4 cup cooked, sugar added.   | .45   |   |
|                          | Pound                  | 3.75                                       | 1/2 cup cooked, sugar added.   | 26.70   |   |
|                          |                        | 7.50                                       | 1/4 cup cooked, sugar added.   | 13.40   |   |
|                          | Pound                  | 3.64                                       | 1/2 cup fruit, thawed          | 27.50   |   |
|                          |                        | 7.28                                       | 1/4 cup fruit, thawed          | 13.80   |   |
| <b>BLACKEYE PEAS</b>     |                        |  |                                |   |   |
| Fresh<br>(shelled)       | Pound                  | 5.11                                       | 1/2 cup cooked                 | 19.60   | 1 lb AP=0.93 lb cooked.   |
|                          |                        | 10.22                                      | 1/4 cup cooked                 | 9.80  |   |
| Canned<br>(green)        | No. 10 can<br>(104 oz) | 19.80                                      | 1/2 cup vegetable              | 5.05  | 1 can=72 oz drained vegetable.  |
|                          |                        | 39.60                                      | 1/4 cup vegetable              | 2.55  |   |
|                          | Pound                  | 3.05                                       | 1/2 cup vegetable              | 32.80   |   |
| Frozen                   | 2-1/2-lb pkg           | 12.40                                      | 1/2 cup cooked                 | 8.10  |   |
|                          |                        | 24.80                                      | 1/4 cup cooked                 | 4.05  |   |
|                          | Pound                  | 4.96                                       | 1/2 cup cooked                 | 20.20   |   |
|                          |                        | 9.92                                       | 1/4 cup cooked                 | 10.10   |   |
| <b>BLUEBERRIES</b>       |                        |  |                                |   |   |
| Fresh                    | Pint<br>(0.91 lb)      | 5.40                                       | 1/2 cup raw berries            | 18.60   | 1 pt AP=about 2-3/4 cups (0.86 lb) ready-to-serve raw.  |
|                          |                        | 10.80                                      | 1/4 cup raw berries            | 9.30  |   |
| Canned                   | No. 10 can<br>(105 oz) | 24.00                                      | 1/2 cup fruit and juice        | 4.20  | 1 can=about 9 cups drained fruit.   |
|                          |                        | 48.00                                      | 1/4 cup fruit and juice        | 2.10  |   |
|                          | Pound                  | 3.67                                       | 1/2 cup fruit and juice        | 27.30   |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)               | Purchase unit<br>(2)           | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)            | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |       |   |
|--|--------------------------------|--|---|---|--|-------|---|
| <b>BLUEBERRIES—Continued</b><br>Frozen | 30-lb can                      | 129.00                                     | 1/2 cup cooked, sugar added.              | .78   |  |       |   |
|  |                                | 258.00                                     | 1/4 cup cooked, sugar added.              | .39   |  |       |   |
|  | 2-1/2-lb pkg                   | 10.70                                      | 1/2 cup cooked, sugar added.              | 9.35  |  |       |   |
|  |                                | 21.40                                      | 1/4 cup cooked, sugar added.              | 4.70  |  |       |   |
|  | Pound                          | 4.30                                       | 1/2 cup cooked, sugar added.              | 23.30   |  |       |   |
|  |                                | 8.60                                       | 1/4 cup cooked, sugar added.              | 11.70   |  |       |   |
|  | Pound                          | 6.13                                       | 1/2 cup fruit, thawed                     | 16.40   |  |       |   |
|  |                                | 12.26                                      | 1/4 cup fruit, thawed                     | 8.20  |  |       |   |
|  | <b>BOYSENBERRIES</b><br>Canned | No. 10 can<br>(106 oz)                     | 24.60                                     | 1/2 cup fruit and juice                         |  | 4.10  | 1 cup = about 6-1/3 cups drained fruit. |
|  |                                |  | 49.20                                     | 1/4 cup fruit and juice                         |  | 2.05  |   |
| Pound                                  |                                | 3.72                                       | 1/2 cup fruit and juice                   | 26.90   |  |       |   |
|  |                                |  |   |   |  |       |   |
| <b>BROCCOLI</b><br>Fresh               | Pound                          | 3.62                                       | 1/2 cup cooked spears<br>(about 2 medium) | 27.70   | 1 lb AP = 0.61 lb ready-to-cook.       |       |   |
|  |                                | 3.62                                       | 1/2 cup cooked cuts                       | 27.70   |  |       |   |
|  | Pound                          | 7.24                                       | 1/4 cup cooked cuts                       | 13.90   |  |       |   |
|  |                                |  |   |   |  |       |   |
|  | Frozen<br>Spears               | 2-lb pkg                                   | 8.64                                      | 1/2 cup cooked spears<br>(about 2 medium)       |  | 11.60 |   |
|  |                                | Pound                                      | 4.32                                      | 1/2 cup cooked spears                           |  | 23.20 |   |
| 8.64                                   |                                |  | 1/4 cup cooked spears                     | 11.60   |  |       |   |
| Cut or chopped                         | 2-1/2-lb pkg                   | 10.80                                      | 1/2 cup cooked                            | 9.30  |  |       |   |
|  |                                | 21.60                                      | 1/4 cup cooked                            | 4.65  |  |       |   |
|  | Pound                          | 4.32                                       | 1/2 cup cooked                            | 23.20   |  |       |   |
|  |                                | 8.64                                       | 1/4 cup cooked                            | 11.60   |  |       |   |
| <b>BRUSSELS SPROUTS</b><br>Fresh       | Pound                          | 4.50                                       | 1/2 cup cooked                            | 22.30   | 1 lb AP = 0.74 lb ready-to-cook.       |       |   |
|  |                                | 9.00                                       | 1/4 cup cooked                            | 11.20   |  |       |   |
|  | Frozen                         | 2-1/2-lb pkg                               | 14.60                                     | 1/2 cup cooked                                  |  | 6.85  |   |
|  |                                |  | 29.20                                     | 1/4 cup cooked                                  |  | 3.45  |   |
| Pound                                  | Pound                          | 5.84                                       | 1/2 cup cooked                            | 17.20   |  |       |   |
|  |                                | 11.68                                      | 1/4 cup cooked                            | 8.60  |  |       |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                       | Purchase unit<br>(2)   | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                          | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)          |
|--|------------------------|--|---|---|---|
| <b>CABBAGE</b><br>Fresh                        | Head<br>(1 lb)         | 8.00                                       | 1/8 small head<br>(about 1/2 cup)                       | 12.50   | 1 lb AP=0.79 lb ready-<br>to-cook or serve raw. |
|  | Pound                  | 8.00                                       | 1/2 cup raw chopped                                     | 12.50   |   |
|  |                        | 16.00                                      | 1/4 cup raw chopped                                     | 6.25  |   |
|  | Pound                  | 10.10                                      | 1/2 cup raw shredded                                    | 9.90  |   |
|  |                        | 20.20                                      | 1/4 cup raw shredded                                    | 4.95  |   |
|  | Pound                  | 6.57                                       | 1/2 cup raw shredded for<br>slaw.                       | 15.30   |   |
|  |                        | 13.14                                      | 1/4 cup raw shredded for<br>slaw.                       | 7.65  |   |
| Pound  | 5.66                   | 1/2 cup cooked shredded                    | 17.70   |   |   |
|  | 11.32                  | 1/4 cup cooked shredded                    | 8.85  |   |   |
| Pound  | 4.32                   | 1/2 cup cooked wedges                      | 23.20   |   |   |
|  | 8.64                   | 1/4 cup cooked wedges                      | 11.60   |   |   |
| <b>CABBAGE, CELERY<br/>OR CHINESE</b><br>Fresh | Pound                  | 10.60                                      | 1/2 cup raw pieces                                      | 9.45  | 1 lb AP=0.88 lb ready-<br>to-serve raw.         |
|  |                        | 21.20                                      | 1/4 cup raw pieces                                      | 4.75  |   |
| <b>CABBAGE, RED</b><br>Canned                  | No. 10 can<br>(104 oz) | 24.40                                      | 1/2 cup vegetable                                       | 4.10  |   |
|  |                        | 48.80                                      | 1/4 cup vegetable                                       | 2.05  |   |
|  | Pound                  | 3.76                                       | 1/2 cup vegetable                                       | 26.60   |   |
| <b>CANTALOUPE</b><br>Fresh                     | Melon<br>(1-1/2 lb)    | 4.00                                       | 1/4 small melon<br>(about 1/2 cup)                      | 25.00   | 1 lb AP=0.50 lb ready-<br>to-serve raw.         |
|  | Pound                  | 2.84                                       | 1/2 cup cubed or diced                                  | 35.30   |   |
| 5.68   |                        | 1/4 cup cubed or diced                     | 17.70   |   |   |
| <b>CARROTS</b><br>Fresh<br>(without tops)      | Pound                  | 12.20                                      | 1/4 cup raw strips<br>(about 6 strips—<br>4 x 1/2 inch) | 8.20  | 1 lb AP=0.82 lb ready-<br>to-cook or serve raw. |
|  |                        | 6.60                                       | 1/2 cup raw shredded                                    | 15.20   |   |
|  | 13.20                  | 1/4 cup raw shredded                       | 7.60  |   |   |
|  | Pound                  | 4.55                                       | 1/2 cup raw shredded for<br>salad.                      | 22.00   |   |
|  |                        | 9.10                                       | 1/4 cup raw shredded for<br>salad.                      | 11.00   |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                    | Purchase unit<br>(2)        | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)  | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)          |      |                                   |
|---|-----------------------------|--|---|---|---|------|-----------------------------------|
| <b>CARROTS—Continued</b><br>Fresh—Continued | Pound .....                 | 5.95                                       | 1/2 cup raw sliced .....  | 16.90   | 1 lb AP=0.73 lb<br>cooked.                      |      |                                   |
|   |                             | 11.90                                      | 1/4 cup raw sliced .....  | 8.40  |   |      |                                   |
|   | Pound .....                 | 4.26                                       | 1/2 cup cooked sliced .....   | 23.50   |   |      |                                   |
|   |                             | 8.52                                       | 1/4 cup cooked sliced .....   | 11.80   |   |      |                                   |
|   | Canned<br>(diced or sliced) | No. 10 can<br>(105 oz)                     | 25.10   | 1/2 cup vegetable .....                         |   | 4.00 | 1 can=69 oz drained<br>vegetable. |
|   |                             |  | 50.20   | 1/4 cup vegetable .....                         |   | 2.00 |                                   |
| Pound .....                                 |                             | 3.84                                       | 1/2 cup vegetable .....   | 26.10   |   |      |                                   |
| Frozen<br>(diced or sliced)                 | 20-lb pkg .....             | 113.00                                     | 1/2 cup cooked .....  | .88   |   |      |                                   |
|   |                             | 226.00                                     | 1/4 cup cooked .....  | .44   |   |      |                                   |
|   | 2-1/2-lb pkg .....          | 14.10                                      | 1/2 cup cooked .....  | 7.10  |   |      |                                   |
|   |                             | 28.20                                      | 1/4 cup cooked .....  | 3.55  |   |      |                                   |
|   | Pound .....                 | 5.67                                       | 1/2 cup cooked .....  | 17.70   |   |      |                                   |
|   |                             | 11.34                                      | 1/4 cup cooked .....  | 8.85  |   |      |                                   |
| <b>CAULIFLOWER</b><br>Fresh<br>(trimmed)    | Pound .....                 | 5.87                                       | 1/2 cup raw slices .....  | 17.10   | 1 lb AP=0.55 lb ready-<br>to-cook or serve raw. |      |                                   |
|   |                             | 11.74                                      | 1/4 cup raw slices .....  | 8.55  |   |      |                                   |
|   | Pound .....                 | 4.97                                       | 1/2 cup raw florets .....   | 20.20   | 1 lb AP=0.53 lb<br>cooked.                      |      |                                   |
|   |                             | 9.94                                       | 1/4 cup raw florets .....   | 10.10   |   |      |                                   |
|   | Pound .....                 | 3.85                                       | 1/2 cup cooked florets .....  | 26.00   |   |      |                                   |
|   |                             | 7.70                                       | 1/4 cup cooked florets .....  | 13.00   |   |      |                                   |
| Frozen                                      | 2-lb pkg .....              | 9.56                                       | 1/2 cup cooked .....  | 10.50   |   |      |                                   |
|   |                             | 19.12                                      | 1/4 cup cooked .....  | 5.25  |   |      |                                   |
|   | Pound .....                 | 4.78                                       | 1/2 cup cooked .....  | 21.00   |   |      |                                   |
|   |                             | 9.56                                       | 1/4 cup cooked .....  | 10.50   |   |      |                                   |
| <b>CELERY</b><br>Fresh<br>(untrimmed)       | Pound .....                 | 11.30                                      | 1/4 cup raw sticks or<br>strips.<br>(about 4 sticks—<br>4 x 1/2 inch) | 8.85  | 1 lb AP=0.75 lb ready-<br>to-cook or serve raw. |      |                                   |
|   | Pound .....                 | 5.66                                       | 1/2 cup raw chopped or<br>diced.                                      | 17.70   |   |      |                                   |
|   |                             | 11.32                                      | 1/4 cup raw chopped or<br>diced.                                      | 8.85  |   |      |                                   |
|   | Pound .....                 | 4.24                                       | 1/2 cup cooked diced .....  | 23.60   |   |      |                                   |
|   |                             | 8.48                                       | 1/4 cup cooked diced .....  | 11.80   |   |      |                                   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                 | Purchase unit<br>(2)  | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                        | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                |
|--|-----------------------|--|---|---|---|
| <b>CHARD, SWISS</b><br>Fresh (untrimmed) | Pound                 | 3.50<br>7.00                               | 1/2 cup cooked<br>1/4 cup cooked                      | 28.60<br>14.30                                  | 1 lb AP = 0.77 lb ready-to-cook.                      |
| <b>CHERRIES</b><br>Fresh                 | Pound                 | 4.28                                       | 2/3 cup raw whole cherries.<br>(about 1/2 cup pitted) | 23.40   | 1 lb AP = 0.98 lb ready-to-serve raw with pits.       |
|  | Pound                 | 5.20<br>10.40                              | 1/2 cup raw pitted<br>1/4 cup raw pitted              | 19.30<br>9.65                                   | 1 lb AP = 0.89 lb pitted.                             |
|  | Pound                 | 2.94                                       | 1/2 cup cooked pitted,<br>sugar added.                | 34.10   |   |
| <b>Canned</b><br>Red, tart, pitted       | No. 10 can (103 oz)   | 23.90<br>47.80                             | 1/2 cup fruit and juice<br>1/4 cup fruit and juice    | 4.20<br>2.10                                    | 1 can = 74 oz drained fruit.                          |
|  | Pound                 | 3.72                                       | 1/2 cup fruit and juice                               | 26.90   |   |
| Sweet                                    | No. 10 can (108 oz)   | 23.80<br>47.60                             | 1/2 cup fruit and juice<br>1/4 cup fruit and juice    | 4.20<br>2.10                                    | 1 can = about 10-3/4 cups (66 oz) drained fruit.      |
|  | No. 2-1/2 can (30 oz) | 6.62<br>13.24                              | 1/2 cup fruit and juice<br>1/4 cup fruit and juice    | 15.20<br>7.55                                   |   |
|  | Pound                 | 3.53                                       | 1/2 cup fruit and juice                               | 28.40   |   |
| <b>Frozen</b><br>(red, tart, pitted)     | 30-lb can             | 98.90<br>197.80                            | 1/2 cup cooked<br>1/4 cup cooked                      | 1.05<br>.51                                     |   |
|  | Pound                 | 3.30<br>6.60                               | 1/2 cup cooked<br>1/4 cup cooked                      | 30.30<br>15.20                                  |   |
|  | Pound                 | 3.49<br>6.98                               | 1/2 cup fruit, thawed<br>1/4 cup fruit, thawed        | 28.70<br>14.40                                  | 1 lb AP = 0.80 lb (1-2/3 cups) thawed fruit, drained. |
| <b>COLLARDS</b><br>Fresh (untrimmed)     | Pound                 | 5.06<br>10.12                              | 1/2 cup cooked<br>1/4 cup cooked                      | 19.80<br>9.90                                   | 1 lb AP = 0.70 lb ready-to-cook.                      |
| <b>Canned</b>                            | No. 10 can (98 oz)    | 14.60<br>29.20                             | 1/2 cup vegetable<br>1/4 cup vegetable                | 6.85<br>3.45                                    | 1 can = about 58 oz drained vegetable.                |
|  | Pound                 | 2.38                                       | 1/2 cup vegetable                                     | 42.10   |   |
| <b>Frozen</b><br>(chopped or whole leaf) | 3-lb pkg              | 14.00<br>28.00                             | 1/2 cup cooked<br>1/4 cup cooked                      | 7.15<br>3.60                                    |   |
|  | Pound                 | 4.69<br>9.38                               | 1/2 cup cooked<br>1/4 cup cooked                      | 21.40<br>10.70                                  |   |



## VEGETABLES, FRUITS

| Food as purchased<br>(1)   | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                 | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                             |   |   |
|----------------------------|----------------------|--|--|---|--|---|---|
| <b>CORN</b><br>Fresh       | With husks           | Pound                                      | 2.00   | 1 medium ear<br>(about 1/2 cup cooked)          | 50.00  | 1 lb AP=0.37 lb edible<br>portion cooked. |   |
|                            |                      | Pound                                      | 2.03<br>4.06                                   | 1/2 cup cooked<br>1/4 cup cooked                | 49.30<br>24.70   |   |   |
|                            | Without husks        | Pound                                      | 3.00   | 1 medium ear<br>(about 1/2 cup cooked)          | 33.40  | 1 lb AP=0.57 lb raw<br>cut corn.          |   |
|                            |                      | Pound                                      | 3.13<br>6.26                                   | 1/2 cup cooked<br>1/4 cup cooked                | 32.00<br>16.00   |   |   |
|                            | Canned               | Cream style                                | No. 10 can<br>(106 oz)                         | 23.40<br>46.80                                  | 1/2 cup vegetable<br>1/4 cup vegetable                             | 4.30<br>2.15                              | 1 can=75 oz vegetable.<br><br>1 can=70 oz drained<br>vegetable. |
|                            |                      |  | Pound  | 3.54  | 1/2 cup vegetable  | 28.30                                     |   |
|                            |                      | Whole kernel<br>(vacuum)                   | No. 10 can                                     | 20.20<br>40.40                                  | 1/2 cup vegetable<br>1/4 cup vegetable                             | 4.95<br>2.50                              |   |
|                            |                      |  | Pound  | 4.32  | 1/2 cup vegetable  | 23.20                                     |   |
| Whole kernel<br>(wet pack) |                      | No. 10 can<br>(106 oz)                     | 22.50<br>45.00                                 | 1/2 cup vegetable<br>1/4 cup vegetable          | 4.45<br>2.25   |   |   |
|                            |                      | Pound                                      | 3.41   | 1/2 cup vegetable                               | 29.40  |   |   |
| Frozen<br>(whole kernel)   | 20-lb pkg            | 106.00<br>212.00                           | 1/2 cup cooked<br>1/4 cup cooked               | .94<br>.47                                      |  |   |   |
|                            |                      | 2-1/2-lb pkg                               | 13.30<br>26.60                                 | 1/2 cup cooked<br>1/4 cup cooked                | 7.55<br>3.80   |   |   |
|                            | Pound                |  | 5.33<br>10.66                                  | 1/2 cup cooked<br>1/4 cup cooked                | 18.80<br>9.40  |   |   |
|                            |                      | <b>CRANBERRIES</b><br>Fresh                | Pound  | 8.00<br>16.00                                   | 1/2 cup raw chopped<br>1/4 cup raw chopped                         | 12.50<br>6.25                             | 1 lb AP=0.97 lb ready-<br>to-cook or serve raw.                 |
|                            | Pound                |  |  | 6.46<br>12.92                                   | 1/2 cup cooked, sugar<br>added.<br>1/4 cup cooked, sugar<br>added. | 15.50<br>7.75                             |   |
|                            |                      |  | <b>CRANBERRY RELISH<br/>OR SAUCE</b><br>Canned | No. 10 can<br>(117 oz)                          | 23.90<br>47.80   | 1/2 cup fruit<br>1/4 cup fruit            |   |
| Pound                      | 3.28                 |  |  |   | 1/2 cup fruit  | 30.50                                     |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                               | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                     | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)             |
|--|--------------------------|--|--|---|--|
| <b>CUCUMBERS</b><br>Fresh                              | Pound                    | 4.62                                       | 1/2 cup pared diced or<br>sliced.                  | 21.70   | 1 lb AP = 0.74 lb ready-<br>to-serve raw pared.    |
|  |                          | 9.24                                       | 1/4 cup pared diced or<br>sliced.                  | 10.90   |  |
| <b>DATES</b><br>Dehydrated<br>Low moisture<br>(pieces) | Pound                    | 5.78                                       | 1/2 cup dry fruit                                  | 17.30   | 1 lb dry = about 3 cups.                           |
|  |                          | 11.56                                      | 1/4 cup dry fruit                                  | 8.65  |  |
| Regular moisture<br>(cut or chopped)                   | Pound                    | 5.10                                       | 1/2 cup dry fruit                                  | 19.70   | 1 lb dry = about 2-1/2<br>cups.                    |
|  |                          | 10.20                                      | 1/4 cup dry fruit                                  | 9.80  |  |
| <b>EGGPLANT</b><br>Fresh                               | Pound                    | 3.41                                       | 1/2 cup cooked cubed                               | 29.40   | 1 lb AP = 0.81 lb ready-<br>to-cook.               |
|  |                          | 6.82                                       | 1/4 cup cooked cubed                               | 14.70   |  |
| <b>ENDIVE, CHICORY,<br/>ESCAROLE</b><br>Fresh          | Pound                    | 7.59                                       | 1/2 cup for salad                                  | 13.20   | 1 lb AP = 0.74 lb ready-<br>to-serve raw.          |
|  |                          | 15.18                                      | 1/4 cup for salad                                  | 6.60  |  |
| <b>FIGS</b><br>Fresh                                   | Pound                    | 4.00                                       | 3 small raw figs<br>(about 1/2 cup)                | 25.00   |  |
| Canned   |                          |  | No. 10 can<br>(110 oz)                             |   |  |
|  | No. 2-1/2 can<br>(30 oz) | 6.58<br>13.16                              | 1/2 cup fruit and juice<br>1/4 cup fruit and juice | 15.20<br>7.60                                   |  |
|  | Pound                    | 3.51                                       | 1/2 cup fruit and juice                            | 28.50   |  |
| <b>FRUIT COCKTAIL</b><br>Canned                        | No. 10 can<br>(108 oz)   | 24.00                                      | 1/2 cup fruit and juice                            | 4.20  | 1 can = about 9-1/2 cups<br>(71 oz) drained fruit. |
|  |                          | 48.00                                      | 1/4 cup fruit and juice                            | 2.10  |  |
|  | No. 2-1/2 can<br>(30 oz) | 6.67                                       | 1/2 cup fruit and juice                            | 15.00   |  |
|  |                          | 13.34                                      | 1/4 cup fruit and juice                            | 7.50  |  |
|  | Pound                    | 3.56                                       | 1/2 cup fruit and juice                            | 28.10   |  |

**NOTE:** To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

## VEGETABLES, FRUITS

| Food as purchased<br>(1)   | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)               | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)             |
|--|--------------------------|--|--|---|--|
| <b>FRUIT COCKTAIL—Continued</b>                                    |                          |  |  |   |  |
| Dehydrated<br>Low moisture   | No. 10 can<br>(44 oz)    | 57.90                                      | 1/2 cup cooked, sugar<br>added.              | 1.75  | 1 lb dry = 4-1/2 cups.                             |
|  |                          | 115.80                                     | 1/4 cup cooked, sugar<br>added.              | .86   |  |
|  | Pound                    | 21.00                                      | 1/2 cup cooked, sugar<br>added.              | 4.80  |  |
|  |                          | 42.00                                      | 1/4 cup cooked, sugar<br>added.              | 2.40  |  |
| <b>FRUIT DESSERT FILLINGS</b>                                      |                          |  |  |   |  |
| Dehydrated<br>Low moisture<br>Apple                                | Pound                    | 13.70                                      | 1/2 cup fruit                                | 7.30  |  |
|  |                          | 27.40                                      | 1/4 cup fruit                                | 3.65  |  |
|  | Pound                    | 9.95                                       | 1/2 cup fruit                                | 10.10   |  |
|  |                          | 19.90                                      | 1/4 cup fruit                                | 5.05  |  |
| <b>FRUIT FOR SALAD</b>   |                          |  |  |   |  |
| Canned   | No. 10 can<br>(108 oz)   | 24.10                                      | 1/2 cup fruit and juice                      | 4.15  | 1 can = about 8 cups<br>(64 oz) drained fruit.     |
|  |                          | 48.20                                      | 1/4 cup fruit and juice                      | 2.10  |  |
|  | No. 2-1/2 can<br>(29 oz) | 6.47                                       | 1/2 cup fruit and juice                      | 15.50   |  |
|  |                          | 12.94                                      | 1/4 cup fruit and juice                      | 7.75  |  |
| Pound  | 3.57                     | 1/2 cup fruit and juice                    | 28.10  |   |  |
| <b>FRUIT PIE FILLINGS</b>  |                          |  |  |   |  |
| Canned<br>(apple, apricot, blueberry,<br>cherry, peach, pineapple) | No. 10 can<br>(112 oz)   | 24.00                                      | 1/2 cup fruit                                | 4.20  |  |
|  |                          | 48.00                                      | 1/4 cup fruit                                | 2.10  |  |
|  | Pound                    | 3.43                                       | 1/2 cup fruit                                | 29.20   |  |
| <b>GRAPEFRUIT</b>  |                          |  |  |   |  |
| Fresh  | Pound                    | 1.93                                       | 1/2 cup sections and juice<br>(no membrane). | 51.90   | 1 lb AP = 0.49 lb ready-<br>to-serve raw.          |
|  |                          | 3.86                                       | 1/4 cup sections and juice<br>(no membrane). | 26.00   |  |
|  | Pound                    | 1.73                                       | 1/2 cup juice                                | 57.80   | 1 lb AP = 0.47 lb (3/4<br>cup) juice.              |
|  |                          | 3.46                                       | 1/4 cup juice                                | 28.90   |  |
| <b>GRAPEFRUIT AND<br/>ORANGE SECTIONS</b>                          |                          |  |  |   |  |
| Canned   | No. 3 Cyl<br>(50 oz)     | 11.30                                      | 1/2 cup fruit and juice                      | 8.85  | 1 can = about 3-1/2 cups<br>(28 oz) drained fruit. |
|  |                          | 22.60                                      | 1/4 cup fruit and juice                      | 4.45  |  |
|  | Pound                    | 3.64                                       | 1/2 cup fruit and juice                      | 27.50   |  |
| <b>GRAPEFRUIT SECTIONS</b>   |                          |  |  |   |  |
| Canned   | No. 3 Cyl<br>(50 oz)     | 11.10                                      | 1/2 cup fruit and juice                      | 9.05  | 1 can = about 3-1/3 cups<br>(28 oz) drained fruit. |
|  |                          | 22.20                                      | 1/4 cup fruit and juice                      | 4.50  |  |
|  | Pound                    | 3.57                                       | 1/2 cup fruit and juice                      | 28.10   |  |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                 | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                               | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)       |                                |
|--|--------------------------|--|--|---|--|--------------------------------|
| <b>GRAPEFRUIT SECTIONS</b><br>—Continued |                          |  |  |   |  |                                |
| Frozen                                   | 3-lb can                 | 11.00                                      | 1/2 cup fruit and juice,<br>thawed.                          | 9.10  |  |                                |
|  |                          | 22.00                                      | 1/4 cup fruit and juice,<br>thawed.                          | 4.55  |  |                                |
|  | Pound                    | 3.69                                       | 1/2 cup fruit and juice,<br>thawed.                          | 27.10   |  |                                |
|  |                          | 7.38                                       | 1/4 cup fruit and juice,<br>thawed.                          | 13.60   |  |                                |
| <hr/>                                    |                          |  |  |   |  |                                |
| <b>GRAPES</b>                            |                          |  |  |   |  |                                |
| Fresh                                    | Pound                    | 5.39                                       | 1/2 cup raw grapes   | 18.60   | 1 lb AP=0.95 lb ready-<br>to-serve raw.      |                                |
|  |                          | 10.78                                      | 1/4 cup raw grapes   | 9.30  |  |                                |
|  | Pound                    | 8.08                                       | 1/3 cup raw whole grapes<br>(about 1/4 cup seeded<br>halves) | 12.40   |  | 1 lb AP=0.92 lb raw<br>seeded. |
|  |                          | 5.22                                       | 1/2 cup raw seeded<br>halves.                                | 19.20   |  |                                |
| Other<br>(with seeds)                    | Pound                    | 10.44                                      | 1/4 cup raw seeded<br>halves.                                | 9.60  |  |                                |
|  |                          |  |  |   |  |                                |
| <hr/>                                    |                          |  |  |   |  |                                |
| Canned<br>(seedless)                     | No. 10 can<br>(110 oz)   | 24.30                                      | 1/2 cup fruit and juice                                      | 4.15  | 1 can=about 9 cups<br>(62 oz) drained fruit. |                                |
|  |                          | 48.60                                      | 1/4 cup fruit and juice                                      | 2.10  |  |                                |
|  | No. 2-1/2 can<br>(30 oz) | 6.64                                       | 1/2 cup fruit and juice                                      | 15.10   |  |                                |
|  |                          | 13.28                                      | 1/4 cup fruit and juice                                      | 7.55  |  |                                |
| Pound                                    | 3.54                     | 1/2 cup fruit and juice                    | 28.30  |   |  |                                |
| <hr/>                                    |                          |  |  |   |  |                                |
| <b>HONEYDEW MELON</b>                    |                          |  |  |   |  |                                |
| Fresh                                    | Pound                    | 3.08                                       | 1/2 cup cubed or diced                                       | 32.50   | 1 lb AP=0.57 lb<br>ready-to-serve<br>raw.    |                                |
|  |                          | 6.16                                       | 1/4 cup cubed or diced                                       | 16.30   |  |                                |
| <hr/>                                    |                          |  |  |   |  |                                |
| <b>KALE</b>                              |                          |  |  |   |  |                                |
| Fresh<br>(untrimmed)                     | Pound                    | 5.27                                       | 1/2 cup cooked   | 19.00   | 1 lb AP=0.74 lb<br>ready-to-cook.            |                                |
|  |                          | 10.54                                      | 1/4 cup cooked   | 9.50  |  |                                |
| Canned                                   | No. 10 can<br>(98 oz)    | 14.40                                      | 1/2 cup vegetable  | 6.95  | 1 can=58 oz drained<br>vegetable.            |                                |
|  |                          | 28.80                                      | 1/4 cup vegetable  | 3.50  |  |                                |
|  | No. 2-1/2 can<br>(27 oz) | 4.60                                       | 1/2 cup vegetable  | 21.80   |  |                                |
|  |                          | 9.20                                       | 1/4 cup vegetable  | 10.90   |  |                                |
| Pound                                    | 2.36                     | 1/2 cup vegetable                          | 42.40  |   |  |                                |
| <hr/>                                    |                          |  |  |   |  |                                |
| Frozen<br>(chopped or whole leaf)        | 3-lb pkg                 | 13.40                                      | 1/2 cup cooked   | 7.50  |  |                                |
|  |                          | 26.80                                      | 1/4 cup cooked   | 3.75  |  |                                |
|  | Pound                    | 4.48                                       | 1/2 cup cooked   | 22.40   |  |                                |
|  |                          | 8.96                                       | 1/4 cup cooked   | 11.20   |  |                                |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)  | Purchase unit<br>(2)         | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)   |
|---------------------------|------------------------------|--|--------------------------------|---|--|
| KOHLRABI<br>Fresh         | Pound                        | 2.75                                       | 1/2 cup cooked pieces          | 36.40   | 1 lb AP= 0.54 lb<br>ready-to-cook.       |
|                           |                              | 5.50                                       | 1/4 cup cooked pieces          | 18.20   |  |
| LEMONS<br>Fresh           | Pound                        | 1.60                                       | 1/2 cup juice                  | 62.50   | 1 lb AP= 0.43 lb<br>(3/4 cup) juice.     |
|                           |                              | 3.20                                       | 1/4 cup juice                  | 31.30   |  |
| LETTUCE, HEAD<br>Fresh    | Pound                        | 12.30                                      | 1/2 cup raw pieces             | 8.15  | 1 lb AP= 0.75 lb<br>ready-to-serve raw.  |
|                           |                              | 24.60                                      | 1/4 cup raw pieces             | 4.10  |  |
|                           | Pound                        | 8.25                                       | 1/2 cup for salad              | 12.20   |  |
|                           |                              | 16.50                                      | 1/4 cup for salad              | 6.10  |  |
| LETTUCE, LEAF<br>Fresh    | Pound                        | 11.00                                      | 1/2 cup raw pieces             | 9.10  | 1 lb AP= 0.67 lb<br>ready-to-serve raw.  |
|                           |                              | 22.00                                      | 1/4 cup raw pieces             | 4.55  |  |
|                           | Pound                        | 7.37                                       | 1/2 cup for salad              | 13.60   |  |
|                           |                              | 14.74                                      | 1/4 cup for salad              | 6.80  |  |
| LETTUCE, ROMAINE<br>Fresh | Pound                        | 10.50                                      | 1/2 cup raw pieces             | 9.55  | 1 lb AP= 0.64 lb<br>ready-to-serve raw.  |
|                           |                              | 21.00                                      | 1/4 cup raw pieces             | 4.80  |  |
|                           | Pound                        | 7.04                                       | 1/2 cup for salad              | 14.20   |  |
|                           |                              | 14.08                                      | 1/4 cup for salad              | 7.10  |  |
| LIMES<br>Fresh            | Pound                        | 1.77                                       | 1/2 cup juice                  | 56.50   | 1 lb AP= 0.48 lb<br>(about 1 cup) juice. |
|                           |                              | 3.54                                       | 1/4 cup juice                  | 28.30   |  |
| MANGOES<br>Fresh          | Pound                        | 3.74                                       | 1/2 cup cubed or sliced        | 26.80   | 1 lb AP= 0.68 lb<br>ready-to-serve raw.  |
|                           |                              | 7.48                                       | 1/4 cup cubed or sliced        | 13.40   |  |
| MUSHROOMS<br>Fresh        | Pound                        | 3.48                                       | 1/2 cup cooked sliced          | 28.80   | 1 lb AP= 0.97 lb<br>ready-to-cook.       |
|                           |                              | 6.96                                       | 1/4 cup cooked sliced          | 14.40   |  |
| Canned                    | No. 10 can                   | 24.10                                      | 1/2 cup serving                | 4.15  | 1 can = 68 oz drained<br>vegetable.      |
|                           |                              | 48.20                                      | 1/4 cup serving                | 2.10  |  |
|                           | Pound<br>(drained<br>weight) | 5.67                                       | 1/2 cup serving                | 17.70   |  |
|                           |                              | 11.34                                      | 1/4 cup serving                | 8.85  |  |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)  | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)            | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)   |
|---------------------------|--------------------------|--|---|---|--|
| <b>MUSTARD GREENS</b>     |                          |  |   |   |  |
| Fresh<br>(untrimmed)      | Pound                    | 3.82                                       | 1/2 cup cooked                            | 26.20   | 1 lb AP = 0.70 lb<br>ready-to-cook.      |
|                           |                          | 7.64                                       | 1/4 cup cooked                            | 13.10   |  |
| Canned                    | No. 10 can<br>(98 oz)    | 16.10                                      | 1/2 cup vegetable                         | 6.25  | 1 can = 58 oz drained<br>vegetable.      |
|                           |                          | 32.20                                      | 1/4 cup vegetable                         | 3.15  |  |
|                           | No. 2-1/2 can<br>(27 oz) | 5.14                                       | 1/2 cup vegetable                         | 19.50   |  |
|                           |                          | 10.28                                      | 1/4 cup vegetable                         | 9.75  |  |
| Pound                     | 3-lb pkg                 | 2.63                                       | 1/2 cup vegetable                         | 38.10   |  |
|                           |                          | 14.80                                      | 1/2 cup cooked                            | 6.80  |  |
| Frozen<br>(chopped)       | Pound                    | 29.60                                      | 1/4 cup cooked                            | 3.40  |  |
|                           |                          | 4.96                                       | 1/2 cup cooked                            | 20.20   |  |
|                           |                          | 9.92                                       | 1/4 cup cooked                            | 10.10   |  |
| <b>NECTARINES</b>         |                          |  |   |   |  |
| Fresh                     | Pound                    | 4.00                                       | 1 medium raw nectarine<br>(about 1/2 cup) | 25.00   | 1 lb AP = 0.89 lb<br>ready-to-serve raw. |
|                           | Pound                    | 4.54                                       | 1/2 cup raw slices                        | 22.10   |  |
|                           |                          | 9.08                                       | 1/4 cup raw slices                        | 11.10   |  |
| <b>OKRA</b>               |                          |  |   |   |  |
| Fresh                     | Pound                    | 5.45                                       | 1/2 cup cooked sliced                     | 18.40   | 1 lb AP = 0.78 lb<br>ready-to-cook.      |
|                           |                          | 10.90                                      | 1/4 cup cooked sliced                     | 9.20  |  |
| Canned<br>(cut or whole)  | No. 10 can<br>(99 oz)    | 18.80                                      | 1/2 cup vegetable                         | 5.35  | 1 can = 60 oz drained<br>vegetable.      |
|                           |                          | 37.60                                      | 1/4 cup vegetable                         | 2.70  |  |
|                           | Pound                    | 3.04                                       | 1/2 cup vegetable                         | 32.90   |  |
| Frozen<br>(sliced)        | 3-lb pkg                 | 14.80                                      | 1/2 cup cooked                            | 6.80  |  |
|                           |                          | 29.60                                      | 1/4 cup cooked                            | 3.40  |  |
|                           | Pound                    | 4.96                                       | 1/2 cup cooked                            | 20.20   |  |
|                           |                          | 9.92                                       | 1/4 cup cooked                            | 10.10   |  |
| <b>OKRA WITH TOMATOES</b> |                          |  |   |   |  |
| Canned                    | No. 10 can<br>(101 oz)   | 24.00                                      | 1/2 cup vegetable                         | 4.20  |  |
|                           |                          | 48.00                                      | 1/4 cup vegetable                         | 2.10  |  |
|                           | Pound                    | 3.81                                       | 1/2 cup vegetable                         | 26.30   |  |

**NOTE:** To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

## VEGETABLES, FRUITS

| Food as purchased<br>(1)               | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)      | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                       |
|--|----------------------|--|-------------------------------------|---|--|
| <b>OLIVES</b>                          |                      |  |                                     |   |  |
| <b>Canned</b>                          |                      |  |                                     |   |  |
| Green whole, large size<br>(with pits) | Gallon               | 176.00                                     | 3 olives<br>(about 2 Tbsp sliced)   | .57   | 1 can = about 88 oz<br>drained fruit or<br>about 525 olives. |
|  | Pound<br>(drained)   | 32.00                                      | 3 olives                            | 3.15  |  |
| Ripe, chopped or minced                | No. 10 can           | 24.00                                      | 1/2 cup fruit                       | 4.20  | 1 can = about 100 oz<br>drained fruit.                       |
|  |                      | 48.00                                      | 1/4 cup fruit                       | 2.10  |  |
| Ripe whole, large size<br>(with pits)  | Pound<br>(drained)   | 6.72                                       | 1/2 cup fruit                       | 14.90   | 1 can = about 405<br>olives.                                 |
|  | No. 10 can           | 134.00                                     | 3 olives                            | .75   |  |
| Ripe whole, large size<br>(pitted)     | Pound<br>(drained)   | 32.60                                      | 3 olives                            | 3.10  | 91 to 105 large<br>olives weigh 1 lb.                        |
|  | No. 10 can           | 134.00                                     | 3 olives                            | .75   |  |
|  | Pound<br>(drained)   | 6.35                                       | 1/2 cup whole                       | 15.80   | 91 to 105 large<br>olives weigh 1 lb.                        |
|  |                      |  |                                     |   |  |
| <b>ONIONS, GREEN</b>                   |                      |  |                                     |   |  |
| Fresh                                  | Pound                | 5.73                                       | 1/2 cup raw chopped                 | 17.50   | 1 lb AP = 0.63 lb<br>ready-to-serve raw.                     |
|  |                      | 11.46                                      | 1/4 cup raw chopped                 | 8.75  |  |
| <b>ONIONS, MATURE</b>                  |                      |  |                                     |   |  |
| Fresh                                  | Pound                | 4.75                                       | 1/2 cup raw chopped                 | 21.10   | 1 lb AP = 0.89 lb<br>ready-to-cook or<br>serve raw.          |
|  |                      | 9.50                                       | 1/4 cup raw chopped                 | 10.60   |  |
|  | Pound                | 7.01                                       | 1/2 cup raw sliced                  | 14.30   | 1 lb AP = 0.76 lb<br>cooked.                                 |
|  |                      | 14.02                                      | 1/4 cup raw sliced                  | 7.15  |  |
|  | Pound                | 3.85                                       | 1/2 cup cooked halves<br>or pieces. | 26.00   |  |
| 7.70                                   |                      | 1/4 cup cooked halves<br>or pieces.        | 13.00                               |   |  |
| Fresh, pearl                           | Pound                | 3.82                                       | 1/2 cup cooked whole                | 26.20   |  |
|  |                      | 7.64                                       | 1/4 cup cooked whole                | 13.10   |  |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                            | Purchase unit<br>(2)   | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                        | Purchase<br>units for<br>100<br>servings<br>(5)       | Additional yield<br>information<br>(6)            |                                    |
|---|------------------------|--|---|---|---|------------------------------------|
| <b>ORANGES</b><br>Fresh<br>Size 138 (Calif., Ariz.) | Pound                  | 3.00                                       | 1 medium orange<br>(about 1/2 cup fruit<br>and juice) | 33.40   |   |                                    |
|   | Size 200 (Fla., Texas) | Pound                                      | 3.00  | 1 medium orange<br>(about 1/2 cup fruit<br>and juice) | 33.40   |                                    |
|   |                        | All sizes                                  | Pound   | 2.75  | 1/2 cup sections and<br>juice (with membrane).    | 36.40                              |
|   |                        |  | 5.50  | 1/4 cup sections and<br>juice (with membrane).        | 18.20   |                                    |
|   | Pound                  |  | 2.42  | 1/2 cup sections (no<br>membrane).                    | 41.40   | 1 lb AP=0.56 lb<br>ready-to-serve. |
|   |                        | 4.84                                       | 1/4 cup sections (no<br>membrane).                    | 20.70   |   |                                    |
|   | Pound                  |  | 1.83  | 1/2 cup juice   | 54.70   | 1 lb AP=0.50 lb<br>(1 cup) juice.  |
|   |                        | 3.66                                       | 1/4 cup juice   | 27.40   |   |                                    |
| <b>Canned<br/>Mandarin</b>                          | Pound                  | 3.64                                       | 1/2 cup fruit and juice                               | 27.50   |   |                                    |
|   |                        | 7.28                                       | 1/4 cup fruit and juice                               | 13.80   |   |                                    |
| <b>PARSLEY</b><br>Fresh                             | Pound                  | 10.20                                      | 1/2 cup chopped                                       | 9.80  | 1 lb AP=0.68 lb<br>ready-to-serve raw.            |                                    |
| <b>PARSNIPS</b><br>Fresh                            | Pound                  | 4.91                                       | 1/2 cup cooked pieces                                 | 20.40   | 1 lb AP=0.85 lb<br>ready-to-cook.                 |                                    |
|   |                        | 9.82                                       | 1/4 cup cooked pieces                                 | 10.20   |   |                                    |
| <b>PEACHES</b><br>Fresh                             | Pound                  | 4.00                                       | 1 medium raw peach<br>(about 1/2 cup)                 | 25.00   | 1 lb AP=0.76 lb<br>ready-to-cook or<br>serve raw. |                                    |
|   | Pound                  | 3.73                                       | 1/2 cup raw diced                                     | 26.90   |   |                                    |
|   |                        | 7.46                                       | 1/4 cup raw diced                                     | 13.40   |   |                                    |
|   | Pound                  | 4.05                                       | 1/2 cup raw sliced                                    | 24.70   | 1 lb AP=0.99 lb<br>cooked, sugar added.           |                                    |
|   |                        | 8.10                                       | 1/4 cup raw sliced                                    | 12.40   |   |                                    |
|   | Pound                  | 3.73                                       | 1/2 cup cooked sliced,<br>sugar added.                | 26.90   |   |                                    |
| 7.46  |                        | 1/4 cup cooked sliced,<br>sugar added.     | 13.40   |   |   |                                    |



## VEGETABLES, FRUITS

| Food as purchased<br>(1) | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                             | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                |
|--------------------------|--------------------------|--|--|---|---|
| <b>PEACHES—Continued</b> |                          |  |  |   |   |
| Canned<br>Halves         | No. 10 can<br>(108 oz)   | 23.80                                      | 1/2 cup fruit and juice<br>(about 1/2 peach with<br>juice) | 4.20  | 1 can = about 8-1/3<br>cups (66 oz) drained<br>fruit. |
|                          | No. 2-1/2 can<br>(29 oz) | 6.40                                       | 1/2 cup fruit and juice<br>(about 1/2 peach with<br>juice) | 15.70   |   |
| Slices                   | Pound                    | 3.53                                       | 1/2 cup fruit and juice                                    | 28.40   | 1 can = about 8-1/3<br>cups (66 oz) drained<br>fruit. |
|                          | No. 10 can<br>(108 oz)   | 23.80<br>47.60                             | 1/2 cup fruit and juice<br>1/4 cup fruit and juice         | 4.20<br>2.10                                    |   |
|                          | No. 2-1/2 can<br>(29 oz) | 6.40<br>12.80                              | 1/2 cup fruit and juice<br>1/4 cup fruit and juice         | 15.70<br>7.85                                   |   |
|                          | Pound                    | 3.53                                       | 1/2 cup fruit and juice                                    | 28.40   |   |
| Whole spiced             | Pound                    | 3.50                                       | 2 small peaches<br>(about 1/4 cup fruit)                   | 28.60   | 1 lb AP = about 7<br>small peaches with<br>sirup.     |
| <b>Frozen</b>            |                          |  |  |   |   |
| Sliced                   | 30-lb can                | 109.00                                     | 1/2 cup fruit, thawed                                      | .92   |   |
|                          |                          | 218.00                                     | 1/4 cup fruit, thawed                                      | .46   |   |
|                          | 8-1/2-lb can             | 30.80                                      | 1/2 cup fruit, thawed                                      | 3.25  |   |
|                          |                          | 61.60                                      | 1/4 cup fruit, thawed                                      | 1.65  |   |
|                          | Pound                    | 3.64                                       | 1/2 cup fruit, thawed                                      | 27.50   |   |
|                          |                          | 7.28                                       | 1/4 cup fruit, thawed                                      | 13.80   |   |
|                          | Pound                    | 3.59                                       | 1/2 cup cooked, sugar<br>added.                            | 27.90   |   |
|                          |                          | 7.18                                       | 1/4 cup cooked, sugar<br>added.                            | 14.00   |   |
| <b>Dehydrated</b>        |                          |  |  |   |   |
| Low moisture<br>(slices) | No. 10 can<br>(36 oz)    | 43.20                                      | 1/2 cup cooked, sugar<br>added.                            | 2.35  | 1 lb dry = about 4<br>cups.                           |
|                          |                          | 86.40                                      | 1/4 cup cooked, sugar<br>added.                            | 1.20  |   |
|                          | Pound                    | 19.20                                      | 1/2 cup cooked, sugar<br>added.                            | 5.25  |   |
|                          |                          | 38.40                                      | 1/4 cup cooked, sugar<br>added.                            | 2.60  |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)     | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                            | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                |
|------------------------------|--------------------------|--|---|---|---|
| <b>PEACHES—Continued</b>     |                          |  |   |   |   |
| <b>Dehydrated—Continued</b>  |                          |  |   |   |   |
| Regular moisture<br>(halves) | Pound                    | 16.50                                      | 1/2 cup cooked, sugar<br>added.                           | 6.10  | 1 lb dry = about 2-3/4<br>cups.                       |
|                              |                          | 33.00                                      | 1/4 cup cooked, sugar<br>added.                           | 3.05  |   |
| <b>PEARS</b>                 |                          |  |   |   |   |
| Fresh                        | Pound                    | 4.00                                       | 1 small raw pear<br>(about 1/2 cup)                       | 25.00   | 1 lb AP = 0.78 lb<br>ready-to-cook or<br>serve raw.   |
|                              | Pound                    | 4.16                                       | 1/2 cup raw cubed or<br>sliced.                           | 24.10   |   |
|                              |                          | 8.32                                       | 1/4 cup raw cubed or<br>sliced.                           | 12.10   |   |
|                              | Pound                    | 4.04                                       | 1/2 cup cooked halves,<br>sugar added.                    | 24.80   | 1 lb AP = 1.08 lb<br>cooked, sugar added.             |
|                              |                          | 8.08                                       | 1/4 cup cooked halves,<br>sugar added.                    | 12.40   |   |
| <b>Canned</b>                |                          |  |   |   |   |
| Halves                       | No. 10 can<br>(106 oz)   | 23.50                                      | 1/2 cup fruit and juice<br>(about 1-1/2 medium<br>halves) | 4.30  | 1 can = about 7-3/4<br>cups (62 oz) drained<br>fruit. |
|                              | No. 2-1/2 can<br>(29 oz) | 6.44                                       | 1/2 cup fruit and juice                                   | 15.60   |   |
|                              | Pound                    | 3.56                                       | 1/2 cup fruit and juice                                   | 28.10   |   |
| Slices or quarters           | No. 10 can<br>(106 oz)   | 25.60                                      | 1/2 cup fruit and juice                                   | 3.95  | 1 can = 65 oz<br>drained fruit.                       |
|                              |                          | 51.20                                      | 1/4 cup fruit and juice                                   | 1.95  |   |
|                              | No. 2-1/2 can<br>(29 oz) | 7.00                                       | 1/2 cup fruit and juice                                   | 14.30   |   |
|                              |                          | 14.00                                      | 1/4 cup fruit and juice                                   | 7.15  |   |
|                              | Pound                    | 3.86                                       | 1/2 cup fruit and juice                                   | 26.00   |   |
| <b>PEAS AND CARROTS</b>      |                          |  |   |   |   |
| Canned                       | No. 10 can<br>(105 oz)   | 23.90                                      | 1/2 cup vegetable   | 4.20  | 1 can = 71 oz drained<br>vegetable.                   |
|                              |                          | 47.80                                      | 1/4 cup vegetable   | 2.10  |   |
|                              | Pound                    | 3.65                                       | 1/2 cup vegetable   | 27.40   |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1) | Purchase unit<br>(2)   | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                         | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)              |
|--------------------------|------------------------|--|--|---|---|
| <b>PEAS AND CARROTS</b>  |                        |  |  |   |   |
| <b>—Continued</b>        |                        |  |  |   |   |
| Frozen                   | 20-lb pkg              | 111.00                                     | 1/2 cup cooked   | .90   |   |
|                          |                        | 222.00                                     | 1/4 cup cooked   | .45   |   |
|                          | 2-1/2-lb pkg           | 13.90                                      | 1/2 cup cooked   | 7.20  |   |
|                          |                        | 27.80                                      | 1/4 cup cooked   | 3.60  |   |
|                          | Pound                  | 5.56                                       | 1/2 cup cooked   | 18.00   |   |
|                          |                        | 11.12                                      | 1/4 cup cooked   | 9.00  |   |
| <b>PEAS, GREEN</b>       |                        |  |  |   |   |
| Fresh<br>(shelled)       | Pound                  | 5.45                                       | 1/2 cup cooked   | 18.40   | 1 lb in pod = 0.38 lb<br>ready-to-cook.             |
|                          |                        | 10.90                                      | 1/4 cup cooked   | 9.20  |   |
| Canned                   | No. 10 can<br>(105 oz) | 22.40                                      | 1/2 cup vegetable                                      | 4.50  | 1 can = 67 oz drained<br>vegetable.                 |
|                          |                        | 44.80                                      | 1/4 cup vegetable                                      | 2.25  |   |
|                          | Pound                  | 3.42                                       | 1/2 cup vegetable                                      | 29.30   |   |
| Frozen                   | 20-lb pkg              | 100.00                                     | 1/2 cup cooked   | 1.00  |   |
|                          |                        | 200.00                                     | 1/4 cup cooked   | .50   |   |
|                          | 2-1/2-lb pkg           | 12.60                                      | 1/2 cup cooked   | 7.95  |   |
|                          |                        | 25.20                                      | 1/4 cup cooked   | 4.00  |   |
|                          | Pound                  | 5.05                                       | 1/2 cup cooked   | 19.80   |   |
|                          |                        | 10.10                                      | 1/4 cup cooked   | 9.90  |   |
| <b>PEPPERS, GREEN</b>    |                        |  |  |   |   |
| Fresh                    | Pound                  | 14.90                                      | 1/4 cup raw strips<br>(about 1/6 of a<br>large pepper) | 6.75  | 1 lb AP = 0.82 lb<br>ready-to-cook or<br>serve raw. |
|                          |                        |  | 1/2 cup raw chopped or<br>diced.                       | 20.20   |   |
|                          |                        |  |  | 10.10   |   |
|                          | Pound                  | 5.04<br>10.08                              | 1/2 cup cooked strips                                  | 19.90   | 1 lb AP = 0.75 lb<br>cooked.                        |
|                          |                        |  | 1/4 cup cooked strips                                  | 9.95  |   |
|                          |                        |  |  |   |   |
| Frozen<br>(diced)        | 2-1/2-lb pkg           | 16.30                                      | 1/2 cup raw  | 6.15  |   |
|                          |                        | 32.60                                      | 1/4 cup raw  | 3.10  |   |
|                          | Pound                  | 6.53                                       | 1/2 cup raw  | 15.40   |   |
|                          |                        | 13.06                                      | 1/4 cup raw  | 7.70  |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                                     | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                                   | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                |
|--|--------------------------|--|--|---|---|
| <b>PEPPERS, SWEET</b><br>(green or red)<br>Canned<br>(diced) | No. 10 can<br>(102 oz)   | 19.60<br>39.20                             | 1/2 cup vegetable<br>1/4 cup vegetable                           | 5.10<br>2.55                                    | 1 can = 82 oz drained<br>vegetable.                   |
|  | Pound                    | 3.08                                       | 1/2 cup vegetable  | 32.50   |   |
|  | <hr/>                    |  |  |   |   |
| <b>PIMIENTOS</b><br>Canned<br>(chopped, diced, or<br>whole)  | No. 10 can<br>(109 oz)   | 17.50<br>35.00                             | 1/2 cup vegetable<br>1/4 cup vegetable                           | 5.75<br>2.90                                    | 1 can = 70 oz drained<br>vegetable.                   |
|  | No. 2-1/2 can<br>(28 oz) | 5.02<br>10.04                              | 1/2 cup vegetable<br>1/4 cup vegetable                           | 20.00<br>10.00                                  |   |
|  | Pound                    | 2.58                                       | 1/2 cup vegetable  | 38.80   |   |
|  | <hr/>                    |  |  |   |   |
| <b>PINEAPPLE</b><br>Fresh                                    | Pound                    | 3.04<br>6.08                               | 1/2 cup raw cubed<br>1/4 cup raw cubed                           | 32.90<br>16.50                                  | 1 lb AP = 0.52 lb<br>ready-to-serve raw.              |
|  |                          | <hr/>                                      |  |   |   |
| Canned<br>Chunks or tidbits                                  | No. 10 can<br>(107 oz)   | 23.70<br>47.40                             | 1/2 cup fruit and juice<br>1/4 cup fruit and juice               | 4.25<br>2.15                                    | 1 can = about 9-1/4<br>cups (65 oz) drained<br>fruit. |
|  | No. 2-1/2 can<br>(29 oz) | 6.44<br>12.88                              | 1/2 cup fruit and juice<br>1/4 cup fruit and juice               | 15.60<br>7.80                                   |   |
|  | Pound                    | 3.56                                       | 1/2 cup fruit and juice  | 28.10   |   |
| Crushed  | No. 10 can<br>(109 oz)   | 23.80<br>47.60                             | 1/2 cup fruit and juice<br>1/4 cup fruit and juice               | 4.20<br>2.10                                    | 1 can = about 8-3/4<br>cups (78 oz) drained<br>fruit. |
|  | No. 2-1/2 can<br>(30 oz) | 6.55<br>13.10                              | 1/2 cup fruit and juice<br>1/4 cup fruit and juice               | 15.30<br>7.65                                   |   |
|  | Pound                    | 3.49                                       | 1/2 cup fruit and juice  | 28.70   |   |
| Slices   | No. 10 can<br>(108 oz)   | 24.00                                      | 1/2 cup fruit and juice<br>(about 1 large or 2<br>medium slices) | 4.20  | 1 can = about 9-1/3<br>cups (61 oz) drained<br>fruit. |
|  | No. 2-1/2 can<br>(29 oz) | 6.56                                       | 1/2 cup fruit and juice<br>(about 1 large or 2<br>medium slices) | 15.30   |   |
|  | Pound                    | 3.56                                       | 1/2 cup fruit and juice  | 28.10   |   |

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

## VEGETABLES, FRUITS

| Food as purchased<br>(1)   | Purchase unit<br>(2)      | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)             | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                     |
|----------------------------|---------------------------|--|--|---|--|
| <b>PINEAPPLE—Continued</b> |                           |  |  |   |  |
| Frozen<br>(chunks)         | 30-lb can                 | 111.00                                     | 1/2 cup fruit, thawed                      | .90   | 1 lb AP=0.63 lb<br>(1-1/2 cups), thawed<br>fruit, drained. |
|                            |                           | 222.00                                     | 1/4 cup fruit, thawed                      | .45   |  |
|                            | 10-lb can                 | 37.00                                      | 1/2 cup fruit, thawed                      | 2.70  |  |
|                            |                           | 74.00                                      | 1/4 cup fruit, thawed                      | 1.35  |  |
|                            | Pound                     | 3.70                                       | 1/2 cup fruit, thawed                      | 27.10   |  |
|                            |                           | 7.40                                       | 1/4 cup fruit, thawed                      | 13.60   |  |
| <b>PLUMS</b>               |                           |  |  |   |  |
| Fresh                      | Pound                     | 4.00                                       | 2 small raw plums<br>(about 1/2 cup)       | 25.00   | 1 lb AP=0.94 lb<br>ready-to-cook or<br>serve raw.          |
|                            |                           | 5.01                                       | 1/2 cup raw halved or<br>sliced.           | 20.00   |  |
|                            | 10.02                     | 1/4 cup raw halved or<br>sliced.           | 10.00                                      |   |  |
|                            | Pound                     | 3.08                                       | 1/2 cup cooked halves,<br>sugar added.     | 32.50   |  |
|                            |                           | 6.16                                       | 1/4 cup cooked halves,<br>sugar added.     | 16.30   |  |
|                            | Canned<br>(purple, whole) | No. 10 can<br>(108 oz)                     | 23.80                                      | 1/2 cup fruit and puice                         |  |
| 47.60                      |                           |  | 1/4 cup fruit and juice                    | 2.10  |  |
| No. 2-1/2 can<br>(30 oz)   |                           | 6.64                                       | 1/2 cup fruit and juice                    | 15.10   |  |
|                            |                           | 13.28                                      | 1/4 cup fruit and juice                    | 7.55  |  |
| Pound                      |                           | 3.54                                       | 1/2 cup fruit and juice                    | 28.30   |  |
|                            |                           |  |  |   |  |
| <b>POTATOES, WHITE</b>     |                           |  |  |   |  |
| Fresh                      | Pound                     | 4.00                                       | 1 medium whole baked<br>(about 1/2 cup)    | 25.00   | 1 lb AP=0.74 lb<br>baked excl. skin.                       |
|                            |                           | 4.00                                       | 1 medium whole boiled<br>(about 1/2 cup)   | 25.00   |  |
|                            | Pound                     | 4.79                                       | 1/2 cup pared, cooked,<br>diced or sliced. | 20.90   | 1 lb AP=0.81 lb<br>ready-to-cook pared.                    |
|                            |                           | 9.58                                       | 1/4 cup pared, cooked,<br>diced or sliced. | 10.50   |  |
|                            | Pound                     | 3.45                                       | 1/2 cup cooked mashed                      | 29.00   |  |
|                            |                           | 6.90                                       | 1/4 cup cooked mashed                      | 14.50   |  |
|                            | Pound                     | 3.45                                       | 1/2 cup sliced, scalloped                  | 29.00   |  |
|                            |                           | 6.90                                       | 1/4 cup sliced, scalloped                  | 14.50   |  |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)       | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)      | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|--------------------------------|----------------------|--|-------------------------------------|---|--|
| <b>POTATOES, WHITE</b>         |                      |  |                                     |   |  |
| —Continued                     |                      |  |                                     |   |  |
| Canned<br>(small, whole)       | No. 10 can           | 23.40                                      | 1/2 cup vegetable                   | 4.30  | 1 can = 74 oz drained<br>vegetable.    |
|                                | (102 oz)             | 46.80                                      | (about 5 potatoes)                  | 2.15  |  |
|                                | No. 2-1/2 can        | 6.01                                       | 1/2 cup vegetable                   | 16.70   |  |
|                                | (29 oz)              | 12.02                                      | 1/4 cup vegetable                   | 8.35  |  |
| Pound                          | 3.67                 | 1/2 cup vegetable                          | 27.30                               |   |  |
| <b>Frozen</b>                  |                      |  |                                     |   |  |
| <b>French Fries—Regular</b>    |                      |  |                                     |   |  |
| Crinkle cut                    | 30-lb case           | 220.00                                     | 1/2 cup heated                      | .45   |  |
|                                |                      |  | (about 9 pieces, 3<br>inches long)  |   |  |
|                                | 5-lb pkg             | 36.80                                      | 1/2 cup heated                      | 2.75  |  |
|                                |                      | 73.60                                      | 1/4 cup heated                      | 1.40  |  |
| Pound                          | 7.36                 | 1/2 cup heated                             | 13.60                               |   |  |
| Straight cut                   | 30-lb case           | 230.00                                     | 1/2 cup heated                      | .43   |  |
|                                |                      |  | (about 10 pieces, 3<br>inches long) |   |  |
|                                | 5-lb pkg             | 38.40                                      | 1/2 cup heated                      | 2.60  |  |
|                                |                      | 76.80                                      | 1/4 cup heated                      | 1.30  |  |
| Pound                          | 7.69                 | 1/2 cup heated                             | 13.00                               |   |  |
| <b>French Fries—Shoestring</b> |                      |  |                                     |   |  |
| Crinkle cut                    | 27-lb case           | 213.00                                     | 1/2 cup heated                      | .47   |  |
|                                |                      |  | (about 26 pieces, 3<br>inches long) |   |  |
|                                | 4-1/2-lb pkg         | 35.50                                      | 1/2 cup heated                      | 2.85  |  |
|                                |                      | 71.00                                      | 1/4 cup heated                      | 1.45  |  |
| Pound                          | 7.91                 | 1/2 cup heated                             | 12.70                               |   |  |
| Straight cut                   | 27-lb case           | 237.00                                     | 1/2 cup heated                      | .42   |  |
|                                |                      |  | (about 23 pieces, 3<br>inches long) |   |  |
|                                | 4-1/2-lb pkg         | 39.50                                      | 1/2 cup heated                      | 2.55  |  |
|                                |                      | 79.00                                      | 1/4 cup heated                      | 1.30  |  |
| Pound                          | 8.78                 | 1/2 cup heated                             | 11.40                               |   |  |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                    | Purchase unit<br>(2)  | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                        | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|---|-----------------------|--|---|---|--|
| <b>POTATOES, WHITE<br/>FROZEN—Continued</b> |                       |  |   |   |  |
| French Fries—Thin<br>Crinkle cut            | 30-lb case            | 240.00                                     | 1/2 cup heated<br>(about 11 pieces, 3<br>inches long) | .42   |  |
|   | 5-lb pkg              | 40.00<br>80.00                             | 1/2 cup heated<br>1/4 cup heated                      | 2.50<br>1.25                                    |  |
|   | Pound                 | 8.00                                       | 1/2 cup heated  | 12.50   |  |
| Straight cut                                | 30-lb case            | 249.00                                     | 1/2 cup heated<br>(about 14 pieces, 3<br>inches long) | .40   |  |
|   | 5-lb pkg              | 41.60<br>83.20                             | 1/2 cup heated<br>1/4 cup heated                      | 2.40<br>1.20                                    |  |
|   | Pound                 | 8.33                                       | 1/2 cup heated  | 12.00   |  |
| Hash Browns<br>Diced                        | 30-lb case            | 128.00<br>256.00                           | 1/2 cup heated<br>1/4 cup heated                      | .78<br>.39                                      |  |
|   | 5-lb pkg              | 21.40<br>42.80                             | 1/2 cup heated<br>1/4 cup heated                      | 4.70<br>2.35                                    |  |
|   | Pound                 | 4.29                                       | 1/2 cup heated  | 23.40   |  |
| Shredded, preportioned<br>(3 oz raw)        | 18-lb case            | 96.00                                      | 1 portion<br>(about 1/2 cup<br>heated)                | 1.05  | 1 case=96 3-oz<br>raw portions.        |
|   | 15-lb case            | 80.00                                      | 1 portion<br>(about 1/2 cup<br>heated)                | 1.25  | 1 case=80 3-oz<br>raw portions.        |
|   | Pound                 | 5.33                                       | 1 portion<br>(about 1/2 cup<br>heated)                | 18.80   |  |
| Potato Rounds*                              | 30-lb case            | 196.00                                     | 1/2 cup heated<br>(about 9 pieces)                    | .51   |  |
|   | 5-lb pkg              | 32.70<br>65.40                             | 1/2 cup heated<br>1/4 cup heated                      | 3.10<br>1.55                                    |  |
|   | Pound                 | 6.55                                       | 1/2 cup heated  | 15.30   |  |
| <hr/>                                       |                       |  |   |   |  |
| Dehydrated<br>Low moisture<br>Diced         | No. 10 can<br>(36 oz) | 50.00<br>100.00                            | 1/2 cup reconstituted<br>1/4 cup reconstituted        | 2.00<br>1.00                                    |  |
|   | Pound                 | 22.20                                      | 1/2 cup reconstituted                                 | 4.50  |  |
|   |                       | 44.40                                      | 1/4 cup reconstituted                                 | 2.25  |  |

\* Shaped shredded potatoes available by brand names such as Tater Tots, etc.

## VEGETABLES, FRUITS

| Food as purchased<br>(1) | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)  | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                 |                                  |
|--------------------------|----------------------|--|---|---|--|----------------------------------|
| <b>POTATOES, WHITE</b>   |                      |  |   |   |  |                                  |
| —Continued               |                      |  |   |   |  |                                  |
| Dehydrated—Continued     |                      |  |   |   |  |                                  |
| Low Moisture—Continued   |                      |  |   |   |  |                                  |
| Flakes .....             | No. 10 can .....     | 60.70                                      | 1/2 cup reconstituted .....   | 1.65  | 1 lb dry = about<br>2-1/4 cups.                        |                                  |
|                          | (40 oz) .....        | 121.40                                     | 1/4 cup reconstituted .....   | .82   |  |                                  |
| Pound .....              | .....                | 24.30                                      | 1/2 cup reconstituted .....   | 4.15  |  |                                  |
|                          | .....                | 48.60                                      | 1/4 cup reconstituted .....   | 2.10  |  |                                  |
| Granules .....           | No. 10 can .....     | 148.00                                     | 1/2 cup reconstituted .....   | .68   |  |                                  |
|                          | (98 oz) .....        | 296.00                                     | 1/4 cup reconstituted .....   | .34   |  |                                  |
| Pound .....              | .....                | 24.30                                      | 1/2 cup reconstituted .....   | 4.15  |  |                                  |
|                          | .....                | 48.60                                      | 1/4 cup reconstituted .....   | 2.10  |  |                                  |
| Sliced .....             | No. 10 can .....     | 25.00                                      | 1/2 cup reconstituted .....   | 4.00  |  |                                  |
|                          | (20 oz) .....        | 50.00                                      | 1/4 cup reconstituted .....   | 2.00  |  |                                  |
| Pound .....              | .....                | 20.00                                      | 1/2 cup reconstituted .....   | 5.00  |  |                                  |
|                          | .....                | 40.00                                      | 1/4 cup reconstituted .....   | 2.50  |  |                                  |
| <b>PRUNES, DRY</b>       |                      |  |   |   |  |                                  |
| Canned                   |                      |  |   |   |  |                                  |
| Market pack .....        | No. 10 can .....     | 23.40                                      | 1/2 cup fruit and juice .....   | 4.30  | 1 can = about 10-1/4<br>cups (70 oz) drained<br>fruit. |                                  |
|                          | (110 oz) .....       | 46.80                                      | 1/4 cup fruit and juice .....   | 2.15  |  |                                  |
| No. 2-1/2 can .....      | .....                | 6.40                                       | 1/2 cup fruit and juice .....   | 15.70   |  |                                  |
|                          | (30 oz) .....        | 12.80                                      | 1/4 cup fruit and juice .....   | 7.85  |  |                                  |
| Pound .....              | .....                | 3.41                                       | 1/2 cup fruit and juice .....   | 29.40   |  |                                  |
| Special purchase .....   | No. 10 can .....     | 33.30                                      | 1/2 cup fruit and juice .....   | 3.00  |  | 1 can = 110 oz drained<br>fruit. |
|                          | (116 oz) .....       | 66.60                                      | 1/4 cup fruit and juice .....   | 1.50  |  |                                  |
| Pound .....              | .....                | 4.60                                       | 1/2 cup fruit and juice .....   | 21.80   |  |                                  |
| Dehydrated               |                      |  |   |   |  |                                  |
| Low moisture .....       |                      |  |   |   |  |                                  |
| (pitted, whole) .....    | No. 10 can .....     | 44.60                                      | 1/2 cup cooked, sugar<br>added. ....                                    | 2.25  | 1 lb dry = about 3-3/4<br>cups.                        |                                  |
|                          | (48 oz) .....        | 89.20                                      | 1/4 cup cooked, sugar<br>added. ....                                    | 1.15  |  |                                  |
| Pound .....              | .....                | 14.80                                      | 1/2 cup cooked, sugar<br>added. ....                                    | 6.80  |  |                                  |
|                          | .....                | 29.60                                      | 1/4 cup cooked, sugar<br>added. ....                                    | 3.40  |  |                                  |
| Regular moisture .....   | Pound .....          | 9.83                                       | 6 medium prunes, dry<br>(about 1/2 cup cooked<br>fruit and juice) ..... | 10.20   |  | 1 lb dry = about 2-1/2<br>cups.  |
|                          | Pound .....          | 9.51                                       | 1/2 cup cooked .....  | 10.60   |  |                                  |
| (with pits) .....        | Pound .....          | 19.02                                      | 1/4 cup cooked .....  | 5.30  |  |                                  |
|                          | Pound .....          | 11.30                                      | 1/2 cup cooked, sugar<br>added. ....                                    | 8.85  |  |                                  |
| Pound .....              | .....                | 22.60                                      | 1/4 cup cooked, sugar<br>added. ....                                    | 4.45  |  |                                  |



## VEGETABLES, FRUITS

| Food as purchased<br>(1)                     | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                                   | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                  |
|--|--------------------------|--|--|---|---|
| <b>PUMPKIN</b>                               |                          |  |  |   |   |
| Fresh  | Pound                    | 2.36<br>4.72                               | 1/2 cup cooked mashed<br>1/4 cup cooked mashed                   | 42.40<br>21.20                                  | 1 lb AP=0.70 lb<br>ready-to-cook.                       |
| Canned                                       | No. 10 can<br>(106 oz)   | 24.50<br>49.00                             | 1/2 cup vegetable<br>1/4 cup vegetable                           | 4.10<br>2.05                                    |   |
|  | No. 2-1/2 can<br>(29 oz) | 6.71<br>13.42                              | 1/2 cup vegetable<br>1/4 cup vegetable                           | 14.90<br>7.45                                   |   |
|  | Pound                    | 3.70                                       | 1/2 cup vegetable  | 27.10   |   |
| <b>PUMPKIN PIE FILLING</b>                   |                          |  |  |   |   |
| Canned                                       | No. 10 can<br>(112 oz)   | 24.00<br>48.00                             | 1/2 cup vegetable<br>1/4 cup vegetable                           | 4.20<br>2.10                                    |   |
|  | Pound                    | 3.43                                       | 1/2 cup vegetable  | 29.20   |   |
| <b>RADISHES</b>                              |                          |  |  |   |   |
| Fresh<br>(without tops)                      | Pound                    | 12.30                                      | 4 small radishes<br>(about 1/4 cup)                              | 8.15  | 1 lb without tops=<br>0.90 lb ready-to-<br>serve raw.   |
|  | Pound                    | 7.09<br>14.18                              | 1/2 cup raw sliced<br>1/4 cup raw sliced                         | 14.10<br>7.05                                   |   |
| <b>RAISINS</b>                               |                          |  |  |   |   |
| Dehydrated<br>Regular moisture<br>(seedless) | Pound                    | 9.41                                       | 1/3 cup dry raisins<br>(about 1/2 cup cooked<br>fruit and juice) | 10.70   | 1 lb dry=about 3<br>cups.                               |
|  | Pound                    | 9.12<br>18.24                              | 1/2 cup cooked<br>1/4 cup cooked                                 | 11.00<br>5.50                                   |   |
| <b>RASPBERRIES</b>                           |                          |  |  |   |   |
| Fresh  | Pint<br>(.71 lb)         | 5.03<br>10.06                              | 1/2 cup raw whole<br>1/4 cup raw whole                           | 19.90<br>9.95                                   | 1 pt AP=2-1/2 cups<br>(0.68 lb) ready-to-<br>serve raw. |
|  | Pound                    | 7.08<br>14.16                              | 1/2 cup raw whole<br>1/4 cup raw whole                           | 14.20<br>7.10                                   | 1 lb AP=0.96 lb<br>ready-to-serve raw.                  |
| Canned<br>(red)                              | No. 10 can<br>(108 oz)   | 25.20<br>50.40                             | 1/2 cup fruit and juice<br>1/4 cup fruit and juice               | 4.00<br>2.00                                    | 1 can=about 6 cups<br>(53 oz) drained fruit.            |
|  | Pound                    | 3.74                                       | 1/2 cup fruit and juice  | 26.80   |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)     | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)      | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|------------------------------|----------------------|--|-------------------------------------|---|--|
| <b>RASPBERRIES—Continued</b> |                      |  |                                     |   |  |
| Frozen                       | 28-lb can            | 101.00                                     | 1/2 cup fruit and juice,<br>thawed. | .99   |  |
|                              |                      | 202.00                                     | 1/4 cup fruit and juice,<br>thawed. | .50   |  |
|                              | 6-1/2-lb can         | 23.50                                      | 1/2 cup fruit and juice,<br>thawed. | 4.30  |  |
|                              |                      | 47.00                                      | 1/4 cup fruit and juice,<br>thawed. | 2.15  |  |
|                              | Pound                | 3.63                                       | 1/2 cup fruit and juice,<br>thawed. | 27.60   |  |
|                              |                      | 7.26                                       | 1/4 cup fruit and juice,<br>thawed. | 13.80   |  |
| <b>RHUBARB</b>               |                      |  |                                     |   |  |
| Fresh<br>(without leaves)    | Pound                | 3.46                                       | 1/2 cup cooked, sugar<br>added.     | 28.90   | 1 lb AP = 0.86 lb ready-<br>to-cook.   |
|                              |                      | 6.92                                       | 1/4 cup cooked, sugar<br>added.     | 14.50   |  |
| Frozen                       | 30-lb can            | 131.00                                     | 1/2 cup cooked, sugar<br>added.     | .76   |  |
|                              |                      | 262.00                                     | 1/4 cup cooked, sugar<br>added.     | .38   |  |
|                              | 6-1/2-lb can         | 28.40                                      | 1/2 cup cooked, sugar<br>added.     | 3.55  |  |
|                              |                      | 56.80                                      | 1/4 cup cooked, sugar<br>added.     | 1.80  |  |
|                              | Pound                | 4.38                                       | 1/2 cup cooked, sugar<br>added.     | 22.90   |  |
|                              |                      | 8.76                                       | 1/4 cup cooked, sugar<br>added.     | 11.50   |  |
| <b>RUTABAGAS</b>             |                      |  |                                     |   |  |
| Fresh                        | Pound                | 4.21                                       | 1/2 cup cooked cubed                | 23.80   | 1 lb AP = 0.85 lb ready-<br>to-cook.   |
|                              |                      | 8.42                                       | 1/4 cup cooked cubed                | 11.90   |  |
|                              | Pound                | 2.91                                       | 1/2 cup cooked mashed               | 34.40   |  |
|                              |                      | 5.82                                       | 1/4 cup cooked mashed               | 17.20   |  |

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

## VEGETABLES, FRUITS

| Food as purchased<br>(1)                    | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)            |      |
|---|--------------------------|--|--------------------------------|---|---|------|
| <b>SAUERKRAUT</b><br>Canned                 | No. 10 can<br>(99 oz)    | 24.60                                      | 1/2 cup vegetable              | 4.10  | 1 can = 80 oz drained<br>vegetable.               |      |
|   |                          | 49.20                                      | 1/4 cup vegetable              | 2.05  |   |      |
|   | No. 2-1/2 can<br>(27 oz) | 7.08                                       | 1/2 cup vegetable              | 14.20   |   |      |
|   |                          | 14.16                                      | 1/4 cup vegetable              | 7.10  |   |      |
| Pound                                       | 3.98                     | 1/2 cup vegetable                          | 25.20                          |   |   |      |
| <b>SPINACH</b><br>Fresh<br>(partly trimmed) | Pound                    | 15.10                                      | 1/2 cup raw pieces             | 6.65  | 1 lb AP = 0.92 lb ready-<br>to-cook or serve raw. |      |
|   |                          | 30.20                                      | 1/4 cup raw pieces             | 3.35  |   |      |
|   | Pound                    | 10.10                                      | 1/2 cup for salad              | 9.90  |   |      |
|   |                          | 20.20                                      | 1/4 cup for salad              | 4.95  |   |      |
|   | Pound                    | 5.00                                       | 1/2 cup cooked                 | 20.00   |   |      |
|   |                          | 10.00                                      | 1/4 cup cooked                 | 10.00   |   |      |
| Canned                                      | No. 10 can<br>(98 oz)    | 14.90                                      | 1/2 cup vegetable              | 6.75  | 1 can = 58 oz drained<br>vegetable.               |      |
|   |                          | 29.80                                      | 1/4 cup vegetable              | 3.40  |   |      |
|   | No. 2-1/2 can<br>(27 oz) | 4.77                                       | 1/2 cup vegetable              | 21.00   |   |      |
|   |                          | 9.54                                       | 1/4 cup vegetable              | 10.50   |   |      |
|   | Pound                    | 2.44                                       | 1/2 cup vegetable              | 41.00   |   |      |
| Frozen<br>Chopped                           | 3-lb pkg                 | 10.20                                      | 1/2 cup cooked                 | 9.80  |   |      |
|   |                          | 20.40                                      | 1/4 cup cooked                 | 4.90  |   |      |
|   | Pound                    | 3.40                                       | 1/2 cup cooked                 | 29.50   |   |      |
|   |                          | 6.80                                       | 1/4 cup cooked                 | 14.80   |   |      |
|   | Whole leaf               | 3-lb pkg                                   | 11.00                          | 1/2 cup cooked                                  |   | 9.10 |
|   |                          |  | 22.00                          | 1/4 cup cooked                                  |   | 4.55 |
| Pound                                       | 3.68                     | 1/2 cup cooked                             | 27.20                          |   |   |      |
|   | 7.36                     | 1/4 cup cooked                             | 13.60                          |   |   |      |
| <b>SQUASH, SUMMER</b><br>Fresh              | Pound                    | 3.06                                       | 1/2 cup cooked mashed          | 32.70   | 1 lb AP = 0.95 lb ready-<br>to-cook.              |      |
|   |                          | 6.12                                       | 1/4 cup cooked mashed          | 16.40   |   |      |
|   | Pound                    | 4.08                                       | 1/2 cup cooked sliced          | 24.60   | 1 lb AP = 0.81 lb cooked.                         |      |
|   |                          | 8.16                                       | 1/4 cup cooked sliced          | 12.30   |   |      |
| Canned<br>(sliced)                          | No. 10 can<br>(105 oz)   | 19.90                                      | 1/2 cup vegetable              | 5.05  | 1 can = 70 oz drained<br>vegetable.               |      |
|   |                          | 39.80                                      | 1/4 cup vegetable              | 2.55  |   |      |
|   | Pound                    | 3.04                                       | 1/2 cup vegetable              | 32.90   |   |      |

## VEGETABLES, FRUITS

| Food as purchased<br>(1) | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                                  | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)     |
|--------------------------|--------------------------|--|---|---|--|
| <b>SQUASH, SUMMER</b>    |                          |  |   |   |  |
| —Continued               |                          |  |   |   |  |
| <b>Frozen</b>            |                          |  |   |   |  |
| Yellow<br>(sliced)       | 2-1/2-lb pkg             | 11.00<br>22.00                             | 1/2 cup cooked<br>1/4 cup cooked                                | 9.10<br>4.55                                    |  |
|                          | Pound                    | 4.41<br>8.82                               | 1/2 cup cooked<br>1/4 cup cooked                                | 22.70<br>11.40                                  |  |
| Zucchini<br>(sliced)     | 2-1/2-lb pkg             | 9.03<br>18.06                              | 1/2 cup cooked<br>1/4 cup cooked                                | 11.10<br>5.55                                   |  |
|                          | Pound                    | 3.61<br>7.22                               | 1/2 cup cooked<br>1/4 cup cooked                                | 27.70<br>13.90                                  |  |
| <b>SQUASH, WINTER</b>    |                          |  |   |   |  |
| Fresh                    |                          |  |   |   |  |
| Acorn                    | 1 squash<br>(1/2 lb)     | 2.00                                       | 1/2 small squash baked<br>in skin (about 1/4<br>cup vegetable). | 50.00   |  |
|                          | Pound                    | 2.04<br>4.08                               | 1/2 cup cooked<br>1/4 cup cooked                                | 49.10<br>24.60                                  | 1 lb AP=0.88 lb ready-<br>to-cook in skin. |
| Butternut                | Pound                    | 3.90<br>7.80                               | 1/2 cup cooked cubed<br>1/4 cup cooked cubed                    | 25.70<br>12.90                                  | 1 lb AP=0.86 lb ready-<br>to-cook pared.   |
|                          | Pound                    | 2.78<br>5.56                               | 1/2 cup cooked mashed<br>1/4 cup cooked mashed                  | 36.00<br>18.00                                  |  |
| Hubbard                  | Pound                    | 2.24<br>4.48                               | 1/2 cup cooked cubed<br>1/4 cup cooked cubed                    | 44.70<br>22.40                                  | 1 lb AP=0.66 lb ready-<br>to-cook pared.   |
|                          | Pound                    | 2.11<br>4.22                               | 1/2 cup cooked mashed<br>1/4 cup cooked mashed                  | 47.40<br>23.70                                  |  |
| Canned<br>(mashed)       | No. 10 can<br>(106 oz)   | 25.30                                      | 1/2 cup vegetable   | 3.95  |  |
|                          |                          | 50.60                                      | 1/4 cup vegetable   | 2.00  |  |
|                          | No. 2-1/2 can<br>(29 oz) | 6.94                                       | 1/2 cup vegetable   | 14.50   |  |
|                          |                          | 13.88                                      | 1/4 cup vegetable   | 7.20  |  |
| Pound                    | 3.83                     | 1/2 cup vegetable                          | 26.20   |   |  |
| Frozen<br>(mashed)       | 2-1/2-lb pkg             | 9.03<br>18.06                              | 1/2 cup cooked<br>1/4 cup cooked                                | 11.10<br>5.55                                   |  |
|                          | Pound                    | 3.61<br>7.22                               | 1/2 cup cooked<br>1/4 cup cooked                                | 27.70<br>13.90                                  |  |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)     | Purchase unit<br>(2)       | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)      | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)   |                                   |
|------------------------------|----------------------------|--|-------------------------------------|---|--|-----------------------------------|
| <b>STRAWBERRIES</b><br>Fresh | Quart<br>(1.57 lb)         | 8.50                                       | 1/2 cup raw whole                   | 11.80   | 1 qt AP=4-1/4 cups<br>(1.40 lb) ready-to-<br>serve raw.<br><br>1 lb AP=0.89 lb ready-<br>to-serve raw. |                                   |
|                              |                            | 17.00                                      | 1/4 cup raw whole                   | 5.90  |  |                                   |
|                              | Pound                      | 5.41                                       | 1/2 cup raw whole                   | 18.50   |  |                                   |
|                              |                            | 10.82                                      | 1/4 cup raw whole                   | 9.25  |  |                                   |
|                              | Canned                     | No. 10 can<br>(108 oz)                     | 25.20                               | 1/2 cup fruit and juice                         |  | 4.00                              |
|                              |                            |  | 50.40                               | 1/4 cup fruit and juice                         |  | 2.00                              |
| Pound                        |                            | 3.75                                       | 1/2 cup fruit and juice             | 26.70   |  |                                   |
| Frozen<br>(whole or sliced)  | 30-lb can                  | 106.00                                     | 1/2 cup fruit and juice,<br>thawed. | .94   |  |                                   |
|                              |                            | 212.00                                     | 1/4 cup fruit and juice,<br>thawed. | .47   |  |                                   |
|                              | 10-lb can                  | 35.50                                      | 1/2 cup fruit and juice,<br>thawed. | 2.85  |  |                                   |
|                              |                            | 71.00                                      | 1/4 cup fruit and juice,<br>thawed. | 1.45  |  |                                   |
|                              | 6-lb can                   | 21.30                                      | 1/2 cup fruit and juice,<br>thawed. | 4.70  |  |                                   |
|                              |                            | 42.60                                      | 1/4 cup fruit and juice,<br>thawed. | 2.35  |  |                                   |
|                              | Pound                      | 3.56                                       | 1/2 cup fruit and juice,<br>thawed. | 28.10   |  |                                   |
|                              |                            | 7.12                                       | 1/4 cup fruit and juice,<br>thawed. | 14.10   |  |                                   |
|                              | <b>SUCCOTASH</b><br>Canned | No. 10 can<br>(105 oz)                     | 20.10                               | 1/2 cup vegetable                               | 5.00   | 1 can=70 oz drained<br>vegetable. |
|                              |                            |  | 40.20                               | 1/4 cup vegetable                               | 2.50   |                                   |
|                              |                            | Pound                                      | 3.06                                | 1/2 cup vegetable                               | 32.70  |                                   |
|                              |                            | Frozen                                     | 20-lb pkg                           | 113.00  | 1/2 cup cooked   |                                   |
| 226.00                       | 1/4 cup cooked             |  |                                     | .44   |  |                                   |
| 2-1/2-lb pkg                 | 14.10                      |  | 1/2 cup cooked                      | 7.10  |  |                                   |
|                              | 28.20                      |  | 1/4 cup cooked                      | 3.55  |  |                                   |
| Pound                        | 5.65                       |  | 1/2 cup cooked                      | 17.70   |  |                                   |
|                              | 11.30                      |  | 1/4 cup cooked                      | 8.85  |  |                                   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1) | Purchase unit<br>(2)    | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                           | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)    |
|--------------------------|-------------------------|--|--|---|---|
| <b>SWEETPOTATOES</b>     |                         |  |  |   |   |
| Fresh                    | Pound                   | 4.00                                       | 1/2 medium baked<br>(about 1/3 cup<br>vegetable)         | 25.00   | 1 lb AP = 0.61 lb baked<br>excl. skin.    |
|                          | Pound                   | 2.88                                       | 1/2 cup cooked mashed                                    | 34.80   |   |
|                          |                         | 5.76                                       | 1/4 cup cooked mashed                                    | 17.40   |   |
| Pound                    | 3.69                    | 1/2 cup cooked sliced                      | 27.10  | 1 lb AP = 0.81 lb<br>cooked mashed.             |   |
|                          | 7.38                    | 1/4 cup cooked sliced                      | 13.60  |   |   |
| <b>Canned</b>            |                         |  |  |   |   |
| Sirup pack               | No. 10 can<br>(102 oz)  | 21.90                                      | 1/2 cup vegetable  | 4.60  | 1 can = 72 oz drained<br>vegetable.       |
|                          |                         | 43.80                                      | 1/4 cup vegetable  | 2.30  |   |
| Vacuum pack              | No. 3 vacuum<br>(23 oz) | 4.57                                       | 1/2 cup vegetable  | 21.90   |   |
|                          |                         | 9.14                                       | 1/4 cup vegetable  | 11.00   |   |
|                          | Pound                   | 3.44                                       | 1/2 cup vegetable  | 29.10   |   |
|                          |                         | 4.43                                       | 1/2 cup vegetable  | 22.60   |   |
| No. 3 vacuum<br>(17 oz)  | 8.86                    | 1/4 cup vegetable                          | 11.30  |   |   |
|                          | Pound                   | 4.17                                       | 1/2 cup vegetable  | 24.00   |   |
| <b>Frozen</b>            |                         |  |  |   |   |
| (sliced or whole)        | 3-lb pkg                | 13.30                                      | 1/2 cup cooked   | 7.55  |   |
|                          |                         | 26.60                                      | 1/4 cup cooked   | 3.80  |   |
|                          | Pound                   | 4.45                                       | 1/2 cup cooked   | 22.50   |   |
|                          |                         | 8.90                                       | 1/4 cup cooked   | 11.30   |   |
| <b>Dehydrated</b>        |                         |  |  |   |   |
| Low moisture<br>(flakes) | No. 10 can<br>(56 oz)   | 32.40                                      | 1/2 cup reconstituted                                    | 3.10  | 1 lb dry = about 3-3/4<br>cups.           |
|                          |                         | 64.80                                      | 1/4 cup reconstituted                                    | 1.55  |   |
|                          | Pound                   | 9.28                                       | 1/2 cup reconstituted                                    | 10.80   |   |
|                          |                         | 18.56                                      | 1/4 cup reconstituted                                    | 5.40  |   |
| <b>TANGERINES</b>        |                         |  |  |   |   |
| Fresh                    | Pound                   | 4.00                                       | 1 medium tangerine<br>(about 1/2 cup fruit<br>and juice) | 25.00   | 1 lb AP = 0.74 lb ready-<br>to-serve.     |
|                          | Pound                   | 3.44                                       | 1/2 cup sections   | 29.10   |   |
|                          |                         | 6.88                                       | 1/4 cup sections   | 14.60   |   |
| <b>TOMATOES</b>          |                         |  |  |   |   |
| Fresh                    | Pound                   | 4.00                                       | 1 small tomato<br>(about 1/2 cup)                        | 25.00   | 1 lb AP = 0.91 lb ready-<br>to-serve raw. |
|                          | Pound                   | 4.51                                       | 1/2 cup raw diced or<br>sliced.                          | 22.20   |   |
|                          |                         | 9.02                                       | 1/4 cup raw diced or<br>sliced.                          | 11.10   |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)  | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)         | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                          |
|---------------------------|----------------------|--|--|---|---|
| <b>TOMATOES—Continued</b> |                      |  |  |   |   |
| Canned                    | No. 10 can           | 24.00                                      | 1/2 cup vegetable                      | 4.20  |   |
|                           | (102 oz)             | 48.00                                      | 1/4 cup vegetable                      | 2.10  |   |
|                           | No. 2-1/2 can        | 6.59                                       | 1/2 cup vegetable                      | 15.20   |   |
|                           | (28 oz)              | 13.18                                      | 1/4 cup vegetable                      | 7.60  |   |
| Pound                     | 3.76                 | 1/2 cup vegetable                          | 26.60                                  |   |   |
| <b>TOMATO PASTE</b>       |                      |  |  |   |   |
| Canned                    | No. 10 can           | 24.00                                      | 1/2 cup vegetable                      | 4.20  |   |
|                           | (111 oz)             | 48.00                                      | 1/4 cup vegetable                      | 2.10  |   |
|                           | Pound                | 3.46                                       | 1/2 cup vegetable                      | 28.90   |   |
|                           | No. 10 can           | 96.00                                      | 1/2 cup reconstituted<br>tomato juice. | 1.05  | 1 No. 10 can paste + 3<br>cans water = 48 cups<br>tomato juice. |
|                           |                      | 192.00                                     | 1/4 cup reconstituted<br>tomato juice. | .52   | 1 No. 10 can paste + 1<br>can water = 24 cups<br>tomato puree.  |
|                           | Pound                | 14.52                                      | 1/2 cup reconstituted<br>tomato juice. | 6.90  |   |
| <b>TOMATO PUREE</b>       |                      |  |  |   |   |
| Canned                    | No. 10 can           | 24.00                                      | 1/2 cup vegetable                      | 4.20  |   |
|                           | (105 oz)             | 48.00                                      | 1/4 cup vegetable                      | 2.10  |   |
|                           | Pound                | 3.63                                       | 1/2 cup vegetable                      | 27.60   |   |
|                           | No. 10 can           | 48.00                                      | 1/2 cup reconstituted<br>tomato juice. | 2.10  | 1 No. 10 can puree + 1<br>can water = 24 cups<br>tomato juice.  |
|                           |                      | 96.00                                      | 1/4 cup reconstituted<br>tomato juice. | 1.05  |   |
|                           | Pound                | 7.26                                       | 1/2 cup reconstituted<br>tomato juice. | 13.80   |   |
| <b>TOMATO SAUCE</b>       |                      |  |  |   |   |
| Canned                    | No. 10 can           | 24.00                                      | 1/2 cup vegetable                      | 4.20  |   |
|                           | (106 oz)             | 48.00                                      | 1/4 cup vegetable                      | 2.10  |   |
|                           | No. 2-1/2 can        | 6.59                                       | 1/2 cup vegetable                      | 15.20   |   |
|                           | (29 oz)              | 13.18                                      | 1/4 cup vegetable                      | 7.60  |   |
| Pound                     | 3.76                 | 1/2 cup vegetable                          | 26.60                                  |   |   |
| <b>TURNIP GREENS</b>      |                      |  |  |   |   |
| Fresh<br>(untrimmed)      | Pound                | 3.00                                       | 1/2 cup cooked                         | 33.40   | 1 lb AP = 0.64 lb ready-<br>to-cook.                            |
|                           |                      | 6.00                                       | 1/4 cup cooked                         | 16.70   |   |
| Canned                    | No. 10 can           | 14.60                                      | 1/2 cup vegetable                      | 6.85  | 1 can = 58 oz drained<br>vegetable.                             |
|                           | (98 oz)              | 29.20                                      | 1/4 cup vegetable                      | 3.45  |   |
|                           | No. 2-1/2 can        | 4.65                                       | 1/2 cup vegetable                      | 21.60   |   |
|                           | (27 oz)              | 9.30                                       | 1/4 cup vegetable                      | 10.80   |   |
| Pound                     | 2.38                 | 1/2 cup vegetable                          | 42.10                                  |   |   |

## VEGETABLES, FRUITS

| Food as purchased<br>(1)          | Purchase unit<br>(2)     | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)           | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)          |                                   |
|-----------------------------------|--------------------------|--|--|---|---|-----------------------------------|
| <b>TURNIP GREENS—Continued</b>    |                          |  |  |   |   |                                   |
| Frozen<br>(chopped or whole leaf) | 3-lb pkg                 | 13.80                                      | 1/2 cup cooked                           | 7.25  |   |                                   |
|                                   |                          | 27.60                                      | 1/4 cup cooked                           | 3.65  |   |                                   |
|                                   | Pound                    | 4.62                                       | 1/2 cup cooked                           | 21.70   |   |                                   |
|                                   |                          | 9.24                                       | 1/4 cup cooked                           | 10.90   |   |                                   |
| <b>TURNIPS</b>                    |                          |  |  |   |   |                                   |
| Fresh<br>(without tops)           | Pound                    | 5.51                                       | 1/2 cup raw cubed or<br>diced.           | 18.20   | 1 lb AP=0.81 lb ready-<br>to-cook or serve raw. |                                   |
|                                   |                          | 11.02                                      | 1/4 cup raw cubed or<br>diced.           | 9.10  |   |                                   |
|                                   | Pound                    | 4.50                                       | 1/2 cup cooked cubed                     | 22.30   | 1 lb AP=0.77 lb cooked.                         |                                   |
|                                   |                          | 9.00                                       | 1/4 cup cooked cubed                     | 11.20   |   |                                   |
|                                   | Pound                    | 3.03                                       | 1/2 cup cooked mashed                    | 33.00   |   |                                   |
|                                   |                          | 6.06                                       | 1/4 cup cooked mashed                    | 16.50   |   |                                   |
|                                   | <b>VEGETABLES, MIXED</b> |  |  |   |   |                                   |
|                                   | Canned                   | No. 10 can<br>(104 oz)                     | 24.50                                    | 1/2 cup vegetable                               | 4.10  | 1 can=70 oz drained<br>vegetable. |
| 49.00                             |                          |  | 1/4 cup vegetable                        | 2.05  |   |                                   |
| Pound                             |                          | 3.78                                       | 1/2 cup vegetable                        | 26.50   |   |                                   |
| Frozen                            | 20-lb pkg                | 97.60                                      | 1/2 cup cooked                           | 1.05  |   |                                   |
|                                   |                          | 195.20                                     | 1/4 cup cooked                           | .51   |   |                                   |
|                                   | 2-1/2-lb pkg             | 12.20                                      | 1/2 cup cooked                           | 8.20  |   |                                   |
|                                   |                          | 24.40                                      | 1/4 cup cooked                           | 4.10  |   |                                   |
|                                   | Pound                    | 4.88                                       | 1/2 cup cooked                           | 20.50   |   |                                   |
|                                   |                          | 9.76                                       | 1/4 cup cooked                           | 10.30   |   |                                   |
| <b>WATERCRESS</b>                 |                          |  |  |   |   |                                   |
| Fresh                             | Pound                    | 23.70                                      | 1/2 cup raw sprigs or<br>pieces.         | 4.25  | 1 lb AP=0.92 lb ready-<br>to-serve raw.         |                                   |
| <b>WATERMELON</b>                 |                          |  |  |   |   |                                   |
| Fresh                             | Melon<br>(7 lb)          | 16.00                                      | 1/16 of a melon<br>(about 1/2 cup fruit) | 6.25  | 1 lb AP=0.47 lb ready-<br>to-serve raw.         |                                   |
|                                   | Pound                    | 2.67<br>5.34                               | 1/2 cup cubed<br>1/4 cup cubed           | 37.50<br>18.80                                  |   |                                   |

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).



## VEGETABLES, FRUITS

| Food as purchased<br>(1)   | Purchase unit<br>(2)          | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                           | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)   |  |
|--|-------------------------------|--|--|---|--|--|
| <b>JUICES</b>  |                               |  |  |   |  |  |
| <b>Canned*</b>   |                               |  |  |   |  |  |
| Single strength<br>(100% juice)  | No. 10 can<br>(96 fl oz)      | 24.00                                      | 1/2 cup juice  | 4.20  | 1 can = 12 cups juice.   |  |
|  |                               | 48.00                                      | 1/4 cup juice  | 2.10  |  |  |
| Any vegetable or fruit<br>(such as apple, apricot,<br>cranberry, grapefruit,<br>lemon, orange, pine-<br>apple, tomato,<br>vegetable) | No. 3 Cyl<br>(46 fl oz)       | 11.50                                      | 1/2 cup juice  | 8.70  |  |  |
|  |                               | 23.00                                      | 1/4 cup juice  | 4.35  |  |  |
|  | No. 2 Cyl<br>(23 fl oz)       | 5.75                                       | 1/2 cup juice  | 17.40   |  |  |
|  |                               | 11.50                                      | 1/4 cup juice  | 8.70  |  |  |
| Half strength<br>(50% juice)   | No. 10 can<br>(96 fl oz)      | 96.00                                      | 1/2 cup reconstituted<br>juice drink.<br>(1/4 cup juice) | 1.05  |  | 1 can reconstituted = 48<br>cups juice drink. Recon-<br>stitute 1 part juice with<br>not more than 3 parts<br>water. |
| Any vegetable or fruit<br>(such as orange, pine-<br>apple)   | No. 3 Cyl<br>(46 fl oz)       | 46.00                                      | 1/2 cup reconstituted<br>juice drink.<br>(1/4 cup juice) | 2.20  |  |  |
| <b>Frozen*</b>   |                               |  |  |   |  |  |
| Concentrated<br>(1 part juice to 3 parts<br>water)   | 32-fl oz can<br>(about 38 oz) | 32.00                                      | 1/2 cup reconstituted<br>juice.                          | 3.15  | 1 can reconstituted =<br>16 cups (128 fl oz).<br>Reconstitute 1 part<br>juice with not more<br>than 3 parts water. |  |
|  |                               | 64.00                                      | 1/4 cup reconstituted<br>juice.                          | 1.60  |  |  |
| Any fruit (such as grape,<br>grapefruit, orange and<br>grapefruit, pineapple,<br>tangerine)  | 12-fl oz can<br>(about 14 oz) | 12.00                                      | 1/2 cup reconstituted<br>juice.                          | 8.35  |  |  |
|  |                               | 24.00                                      | 1/4 cup reconstituted<br>juice.                          | 4.20  |  |  |
|  | 6-fl oz can<br>(about 7 oz)   | 6.00                                       | 1/2 cup reconstituted<br>juice.                          | 16.70   |  |  |
|  |                               | 12.00                                      | 1/4 cup reconstituted<br>juice.                          | 8.35  |  |  |

\* The canned and frozen juices listed in column 1 are usually available in the can sizes listed in column 2.

## VEGETABLES, FRUITS

| Food as purchased<br>(1)  | Purchase unit<br>(2)             | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)                         | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                    |
|---|----------------------------------|--|--|---|---|
| <b>SOUPS, CANNED</b>  |                                  |  |  |   |   |
| <b>Condensed soups*</b><br>(1 part soup to 1 part water)  |                                  |  |  |   |   |
| <ul style="list-style-type: none"> <li>● Clam chowder</li> <li>● Minestrone</li> <li>● Tomato</li> <li>● Tomato with other basic components such as rice.</li> <li>● Vegetable (all vegetable)</li> <li>● Vegetable with other basic components such as meat or poultry.</li> </ul> | No. 3 Cyl .....<br>(about 50 oz) | 11.00                                      | 1 cup reconstituted .....<br>(about 1/4 cup vegetable) | 9.10  | Reconstitute 1 part soup with not more than 1 part water. |
| <ul style="list-style-type: none"> <li>● Tomato with other basic components such as rice.</li> <li>● Vegetable (all vegetable)</li> <li>● Vegetable with other basic components such as meat or poultry.</li> </ul>   | Pound .....                      | 3.68                                       | 1 cup reconstituted .....<br>(about 1/4 cup vegetable) | 27.20   |   |
| <b>Ready-to-serve soups*</b>  |                                  |  |  |   |   |
| <ul style="list-style-type: none"> <li>● Clam chowder</li> <li>● Minestrone</li> <li>● Tomato</li> <li>● Tomato with other basic components such as rice.</li> <li>● Vegetable (all vegetable)</li> <li>● Vegetable with other basic components such as meat or poultry.</li> </ul> | 8-oz can .....<br>(1 cup)        | 1.00                                       | 1 cup serving .....<br>(about 1/4 cup vegetable)       | 100.00  |   |

\* The canned soups listed in column 1 are usually available in the can sizes listed in column 2.

# Other Foods



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## OTHER FOODS

The foods in this section are used in many ways in Type A lunches. Although these foods are not specified in the Type A pattern, they are customarily used to help round out the lunch, improve acceptability, and satisfy children's appetites.

Many of these foods supply extra calories which help to meet the energy needs of growing boys and girls. Some of these foods also contribute varying amounts of nutrients such as protein, vitamins, and minerals essential for good nutrition. Thus, OTHER FOODS help to meet the nutritional goal of the Type A lunch which will make a significant contribution toward the daily dietary allowances recommended by the National Research Council for 10- to 12-year-old boys and girls.

The cornmeal, rice, and white flour donated to schools under the National School Lunch Act are enriched with vitamins and minerals in compliance with the regulations promulgated under the Federal Food, Drug, and Cosmetic Act. When these foods and other cereal products such as macaroni, noodles, and spaghetti are purchased by schools, they should be in the enriched form so they will contribute additional vitamins and minerals essential for good nutrition.

Dry vegetables that are used for seasoning are included in this section. The number of cups of dry vegetable in a pound or another purchase unit is shown. The amounts to use for flavoring in place of the fresh product are given in column 6.

Foods other than those listed in this section are often used in Type A lunches. Primarily, the foods included are those for which yield information is needed in planning and preparing lunches.

Special Purchase and Market Pack in Column 1 Are Defined As:

- Special purchase—applies only to USDA-donated foods not normally available on the market.
- Market pack—refers to foods that are available on the market.

## OTHER FOODS

| Food as purchased<br>(1)                    | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |                                 |
|---|----------------------|--|--------------------------------|---|--|---------------------------------|
| <b>CATSUP, CHILI SAUCE,<br/>MUSTARD</b>     |                      |  |                                |   |  |                                 |
| CATSUP, TOMATO                              | No. 10 can           | 12.00                                      | 1 cup                          | 8.35  |  |                                 |
|   | (115 oz)             | 96.00                                      | 2 tablespoons                  | 1.05  |  |                                 |
|   | Pound                | 1.67                                       | 1 cup                          | 59.90   |  |                                 |
| CHILI SAUCE                                 | No. 10 can           | 12.00                                      | 1 cup                          | 8.35  |  |                                 |
|   | (105 oz)             | 96.00                                      | 2 tablespoons                  | 1.05  |  |                                 |
|   | Pound                | 1.83                                       | 1 cup                          | 54.70   |  |                                 |
| MUSTARD, PREPARED                           | 1 gallon             | 16.00                                      | 1 cup                          | 6.25  |  |                                 |
|   | (about 140<br>oz)    | 128.00                                     | 2 tablespoons                  | .78   |  |                                 |
|   | Pound                | 1.81                                       | 1 cup                          | 55.30   |  |                                 |
| <b>CEREAL PRODUCTS</b>                      |                      |  |                                |   |  |                                 |
| BULGUR, CRACKED WHEAT<br>(special purchase) | Pound                | 19.00                                      | 1/2 cup cooked                 | 5.30  | 1 lb dry = about 2-3/4<br>cups.        |                                 |
| CORNMEAL                                    | Pound                | 23.70                                      | 1/2 cup cooked                 | 4.25  | 1 lb dry = about 3<br>cups.            |                                 |
| FARINA                                      | Pound                | 32.50                                      | 1/2 cup cooked                 | 3.10  | 1 lb dry = about 2-1/3<br>cups.        |                                 |
| GRITS, CORN                                 | Pound                | 22.70                                      | 1/2 cup cooked                 | 4.45  | 1 lb dry = about 2-3/4<br>cups.        |                                 |
| MACARONI, ELBOW                             | Pound                | 22.60                                      | 1/2 cup cooked                 | 4.45  | 1 lb dry = about 3-2/3<br>cups.        |                                 |
| NOODLES                                     | Pound                | 17.60                                      | 1/2 cup cooked                 | 5.70  | 1 lb. dry = about 7-1/4<br>cups.       |                                 |
| OATS, ROLLED<br>Market pack                 | Pound                | 24.70                                      | 1/2 cup cooked                 | 4.05  | 1 lb. dry = about 5-2/3<br>cups.       |                                 |
|   | Special purchase     | Pound                                      | 24.20                          | 1/2 cup cooked                                  | 4.15                                   | 1 lb dry = about 5<br>cups.     |
| RICE<br>Market pack<br>Long grain           | Pound                | 15.50                                      | 1/2 cup cooked                 | 6.45  | 1 lb dry = about 2-1/2<br>cups.        |                                 |
|   | Parboiled            | Pound                                      | 17.90                          | 1/2 cup cooked                                  | 5.60                                   | 1 lb dry = about 2-1/2<br>cups. |
|   | Special purchase     | Pound                                      | 17.00                          | 1/2 cup cooked                                  | 5.90                                   | 1 lb dry = about 2-1/4<br>cups. |

## OTHER FOODS

| Food as purchased<br>(1)            | Purchase unit<br>(2) | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)      | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                                 |
|-------------------------------------|----------------------|--|-------------------------------------|---|--|
| <b>CEREAL PRODUCTS</b>              |                      |  |                                     |   |  |
| —Continued                          |                      |  |                                     |   |  |
| SPAGHETTI                           | Pound                | 18.10                                      | 1/2 cup cooked                      | 5.55  | 1 lb dry = about 5 cups.   |
| WHEAT, ROLLED<br>(special purchase) | Pound                | 21.00                                      | 1/2 cup cooked                      | 4.80  | 1 lb dry = about 5-1/3 cups.   |
| <b>CRACKERS</b>                     |                      |  |                                     |   |  |
| GRAHAM                              | Pound                | 30.00                                      | 2 crackers<br>(2-1/2 inches square) | 3.35  |  |
| SALTINES                            | Pound                | 28.00                                      | 4 crackers<br>(2 inches square)     | 3.60  |  |
| SODA                                | Pound                | 41.00                                      | 2 crackers<br>(2-1/2 inches square) | 2.45  |  |
| <b>DAIRY PRODUCTS</b>               |                      |  |                                     |   |  |
| CREAM<br>Light                      | Quart                | 32.00                                      | 2 tablespoons                       | 3.15  |  |
| Heavy                               | Quart                | 100.00                                     | 1-1/4 tablespoons<br>whipped.       | 1.00  | Volume doubles when whipped.   |
| CREAM CHEESE                        | Pound                | 15.60                                      | 2 tablespoons                       | 6.45  |  |
| <b>ICE CREAM</b>                    |                      |  |                                     |   |  |
| Brick                               | Quart                | 8.00                                       | 1 slice<br>(1/2 cup)                | 12.50   |  |
| Bulk                                | Gallon               | 25.00                                      | 1/3 cup serving<br>(No. 12 scoop)   | 4.00  |  |
| Container<br>(individual)           | 3-ounce cup          | 1.00                                       | 1 container                         | 100.00  |  |
| <b>MILK</b>                         |                      |  |                                     |   |  |
| Dry<br>Whole                        | Pound                | 14.20                                      | 1 cup reconstituted                 | 7.05  | 1 qt (18 oz) dry +<br>3-1/2 qt water = 1<br>gal fluid whole<br>milk.   |
| Nonfat<br>Instant                   | Pound                | 18.20                                      | 1 cup reconstituted                 | 5.50  | 5-1/3 cups (14 oz) dry<br>+ 3-3/4 qt water = 1<br>gal fluid skim milk. |
| Non-instant<br>(special purchase)   | Pound                | 18.20                                      | 1 cup reconstituted                 | 5.50  | 3 cups (14 oz) dry +<br>3-3/4 qt water = 1<br>gal fluid skim milk.     |

## OTHER FOODS

| Food as purchased<br>(1)      | Purchase unit<br>(2)   | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)                      |
|-------------------------------|------------------------|--|--------------------------------|---|---|
| <b>DAIRY PRODUCTS</b>         |                        |  |                                |   |   |
| <b>—Continued</b>             |                        |  |                                |   |   |
| <b>MILK—Continued</b>         |                        |  |                                |   |   |
| Evaporated                    | No. 10 can<br>(128 oz) | 28.00                                      | 1 cup reconstituted            | 3.60  | Dilute 1 part evapo-<br>rated milk with 1<br>part water.    |
|                               | Pound                  | 3.50                                       | 1 cup reconstituted            | 28.60   |   |
| <b>MARSHMALLOWS</b>           |                        |  |                                |   |   |
| MARSHMALLOWS                  | Pound                  | 40.00                                      | 2 large marshmallows           | 2.50  |   |
| <b>NUTS</b>                   |                        |  |                                |   |   |
| ALMONDS<br>(shelled)          | Pound                  | 3.48                                       | 1 cup chopped nutmeats         | 28.80   | 1 lb in shell = about<br>0.40 lb (1-1/3 cups)<br>nut meats. |
| BRAZIL NUTS<br>(shelled)      | Pound                  | 3.24                                       | 1 cup whole nutmeats           | 30.90   | 1 lb in shell = about<br>0.48 lb (1-1/2 cups)<br>nutmeats.  |
| CASHEWS, ROASTED<br>(shelled) | Pound                  | 3.24                                       | 1 cup chopped nutmeats         | 30.90   |   |
| <b>COCONUT</b>                |                        |  |                                |   |   |
| Fresh<br>(in shell)           | Pound                  | 2.95                                       | 1 cup grated                   | 33.90   | 1 lb AP = 0.52 lb<br>ready-to-serve.                        |
| Canned, dried, or frozen      | Pound                  | 5.33                                       | 1 cup shredded                 | 18.80   |   |
| FILBERTS<br>(shelled)         | Pound                  | 3.94                                       | 1 cup chopped nutmeats         | 25.40   | 1 lb in shell = about<br>0.46 lb (1-3/4 cups)<br>nutmeats.  |
| PEANUTS, ROASTED<br>(shelled) | Pound                  | 3.15                                       | 1 cup chopped nutmeats         | 31.80   | 1 lb in shell = about<br>0.68 lb (2-1/4 cups)<br>nutmeats.  |
| PECANS<br>(shelled)           | Pound                  | 3.85                                       | 1 cup chopped nutmeats         | 26.00   | 1 lb in shell = about<br>0.53 lb (2 cups)<br>nutmeats.      |
| WALNUTS, BLACK<br>(shelled)   | Pound                  | 3.63                                       | 1 cup chopped nutmeats         | 27.60   | 1 lb in shell = about<br>0.22 lb (3/4 cup)<br>nutmeats.     |
| WALNUTS, ENGLISH<br>(shelled) | Pound                  | 3.78                                       | 1 cup chopped nutmeats         | 26.50   | 1 lb in shell = about<br>0.45 lb (1-3/4 cups)<br>nutmeats.  |

## OTHER FOODS

| Food as purchased<br>(1)                 | Purchase unit<br>(2)            | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4)     | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6) |
|--|---------------------------------|--|------------------------------------|---|--|
| <b>PICKLES AND RELISHES</b>              |                                 |  |                                    |   |  |
| <b>PICKLES</b>                           |                                 |  |                                    |   |  |
| Gherkin .....                            | Gallon .....                    | 112.00                                     | 2 pickles .....                    | .89   |  |
| Large .....                              | Gallon .....                    | 100.00                                     | 1/4 pickle .....                   | 1.00  |  |
| Small .....                              | Gallon .....                    | 80.00                                      | 1 pickle .....                     | 1.25  |  |
| <b>PICKLE RELISH</b> .....               | Gallon .....                    | 128.00                                     | 2 tablespoons .....                | .78   |  |
|  | Pound .....                     | 14.80                                      | 2 tablespoons .....                | 6.80  |  |
| <b>POTATO CHIPS AND STICKS</b>           |                                 |  |                                    |   |  |
| <b>POTATO CHIPS</b> .....                | Pound .....                     | 32.00                                      | 1/2 ounce<br>(about 2/3 cup) ..... | 3.15  |  |
|  | 3/4-oz pkg .....                | 1.00                                       | 1 package<br>(about 2/3 cup) ..... | 100.00  |  |
| <b>POTATO STICKS</b> .....               | Pound .....                     | 32.00                                      | 1/2 ounce<br>(about 1/2 cup) ..... | 3.15  |  |
| <b>PRESERVES AND SIRUPS</b>              |                                 |  |                                    |   |  |
| <b>HONEY, STRAINED</b> .....             | Pound .....                     | 1.34<br>10.60                              | 1 cup .....                        | 74.70   |  |
|  |                                 |  | 2 tablespoons .....                | 9.45  |  |
| <b>JAMS, JELLIES, PRESERVES</b>          | No. 10 can<br>(about 144<br>oz) | 12.00<br>192.00                            | 1 cup .....                        | 8.35  |  |
|  |                                 |  | 1 tablespoon .....                 | .52   |  |
| <b>SIRUPS</b><br>(cane, maple, molasses) | Gallon<br>(about 176<br>oz)     | 16.00<br>128.00                            | 1 cup .....                        | 6.25  |  |
|  |                                 |  | 2 tablespoons .....                | .78   |  |
| <b>SALAD DRESSINGS</b>                   |                                 |  |                                    |   |  |
| <b>COOKED</b> .....                      | Gallon .....                    | 16.00                                      | 1 cup .....                        | 6.25  |  |
|  | Quart .....                     | 64.00                                      | 1 tablespoon .....                 | 1.60  |  |
| <b>FRENCH</b> .....                      | Gallon .....                    | 16.00                                      | 1 cup .....                        | 6.25  |  |
|  | Quart .....                     | 64.00                                      | 1 tablespoon .....                 | 1.60  |  |
| <b>MAYONNAISE</b> .....                  | Gallon .....                    | 16.00                                      | 1 cup .....                        | 6.25  |  |
|  | Quart .....                     | 64.00                                      | 1 tablespoon .....                 | 1.60  |  |



## OTHER FOODS

| Food as purchased<br>(1)                         | Purchase unit<br>(2)        | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)   |   |
|--|-----------------------------|--|--------------------------------|---|--|---|
| <b>VEGETABLES FOR SEASONING, DRY</b>             |                             |  |                                |   |  |   |
| <b>CARROTS</b><br>Diced .....                    | Pound .....                 | 5.33                                       | 1 cup dry .....                |   |  |   |
|  | No. 10 can<br>(36 oz) ..... | 12.00                                      | 1 cup dry .....                |   |  |   |
|  | Sliced .....                | Pound .....                                | 8.00                           | 1 cup dry .....                                 |  |   |
|  |                             | No. 10 can<br>(24 oz) .....                | 12.00                          | 1 cup dry .....                                 |  |   |
| <b>CELERY</b><br>(flakes) .....                  | Ounce .....                 | 1.39                                       | 1 cup dry .....                |   | For flavor, use 1 oz dry<br>in place of 22 oz (5-1/4<br>cups) fresh chopped<br>celery. |   |
|  | Pound .....                 | 22.20                                      | 1 cup dry .....                |   |  |   |
| <b>CHIVES</b><br>Chopped<br>(freeze-dried) ..... | Ounce .....                 | 3.47                                       | 1 cup dry .....                |   |  |   |
|  | Pound .....                 | 55.50                                      | 1 cup dry .....                |   |  |   |
| <b>GARLIC</b><br>(minced) .....                  | Ounce .....                 | 2.96                                       | 1 tablespoon dry .....         |   | For flavor, use 1 oz dry<br>in place of 3 oz (1-1/2<br>cups) fresh minced<br>garlic.   |   |
|  | Pound .....                 | 2.96                                       | 1 cup dry .....                |   |  |   |
| <b>MIXED VEGETABLES</b><br>(flakes) .....        | Ounce .....                 | 6.88                                       | 1 tablespoon dry .....         |   |  |   |
|  | Pound .....                 | 6.88                                       | 1 cup dry .....                |   |  |   |
| <b>ONIONS</b><br>Chopped or minced .....         | Ounce .....                 | 3.96                                       | 1 tablespoon dry .....         |   | For flavor, use 1 oz dry<br>in place of 7.7 oz<br>(1-1/4 cups) fresh<br>chopped onion. |   |
|  | Pound .....                 | 3.96                                       | 1 cup dry .....                |   |  |   |
|  | No. 10 can<br>(28 oz) ..... | 6.93                                       | 1 cup dry .....                |   |  |   |
|  | Sliced .....                | Ounce .....                                | 6.67                           | 1 tablespoon dry .....                          |  | For flavor, use 1 oz dry<br>in place of 8.5 oz (2<br>cups) fresh sliced<br>onion. |
|  |                             | Pound .....                                | 6.67                           | 1 cup dry .....                                 |  |   |
|  |                             | No. 10 can<br>(28 oz) .....                | 11.60                          | 1 cup dry .....                                 |  |   |

## OTHER FOODS

| Food as purchased<br>(1)                           | Purchase unit<br>(2)            | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)  |  |
|--|---------------------------------|--|--------------------------------|---|---|--|
| <b>VEGETABLES FOR SEASONING, DRY</b><br>—Continued |                                 |  |                                |   |   |  |
| PARSLEY<br>(flakes)                                | Ounce                           | 1.27                                       | 1 cup dry                      |   | For flavor, use 1 oz dry<br>in place of 20 oz (9-1/4<br>cups) fresh chopped<br>parsley. |  |
|  | Pound                           | 20.30                                      | 1 cup dry                      |   |   |  |
|  | No. 2-1/2 can<br>(1.50 oz)      | 1.90                                       | 1 cup dry                      |   |   |  |
| PEPPER<br>Green<br>(flakes)                        | Ounce                           | 12.10                                      | 1 tablespoon dry               |   | For flavor, use 1 oz dry<br>in place of 12 oz<br>(2-1/4 cups) fresh<br>chopped pepper.  |  |
|  | Pound                           | 12.10                                      | 1 cup dry                      |   |   |  |
|  | No. 2-1/2 can<br>(4.25 oz)      | 3.22                                       | 1 cup dry                      |   |   |  |
|  | Mixed<br>(green and red flakes) | Ounce                                      | 10.30                          | 1 tablespoon dry                                |   |  |
|  |                                 | Pound                                      | 10.30                          | 1 cup dry                                       |   |  |
|  |                                 | No. 2-1/2 can<br>(5.40 oz)                 | 3.50                           | 1 cup dry                                       |   |  |
| Red<br>(flakes)                                    | Ounce                           | 7.48                                       | 1 tablespoon dry               |   |   |  |
|  | Pound                           | 7.48                                       | 1 cup dry                      |   |   |  |
|  | No. 2-1/2 can<br>(7.50 oz)      | 3.50                                       | 1 cup dry                      |   |   |  |
| TOMATOES<br>(flakes)                               | Ounce                           | 7.48                                       | 1 tablespoon dry               |   |   |  |
|  | Pound                           | 7.48                                       | 1 cup dry                      |   |   |  |
|  | No. 2-1/2 can<br>(7.50 oz)      | 3.50                                       | 1 cup dry                      |   |   |  |

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

## OTHER FOODS

| Food as purchased<br>(1) | Purchase unit<br>(2)                 | Servings<br>per<br>purchase<br>unit<br>(3) | Serving size or portion<br>(4) | Purchase<br>units for<br>100<br>servings<br>(5) | Additional yield<br>information<br>(6)           |
|--------------------------|--------------------------------------|--|--------------------------------|---|--|
| <b>YEAST</b>             |                                      |  |                                |   |  |
| <b>ACTIVE DRY</b> .....  | <b>Pound</b> .....                   | .....                                      | <b>As needed</b> .....         | .....   | <b>1 lb = about 3 cups.</b>                      |
|                          | <b>8 packages</b><br>(2.24 oz) ..... | .....                                      | <b>As needed</b> .....         | .....   | <b>8 packages = about 1/2<br/>cup.</b>           |
|                          | <b>1 package</b><br>(0.28 oz) .....  | .....                                      | <b>As needed</b> .....         | .....   | <b>1 package = about 1<br/>tablespoon.</b>       |
| <b>COMPRESSED</b> .....  | <b>Pound</b> .....                   | .....                                      | <b>As needed</b> .....         | .....   | <b>1 lb = about 2 cups.</b>                      |
|                          | <b>8 cakes</b><br>(4.80 oz) .....    | .....                                      | <b>As needed</b> .....         | .....   | <b>8 cakes = about 2/3<br/>cup.</b>              |
|                          | <b>1 cake</b><br>(0.60 oz) .....     | .....                                      | <b>As needed</b> .....         | .....   | <b>1 cake = about 4 tea-<br/>spoons, packed.</b> |



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| Veal, fresh or frozen                  |      | <b>W</b>                           |      |
| chops, loin .....                      | 36   | Walnuts, black .....               | 79   |
| cutlets, leg .....                     | 36   | Walnuts, English .....             | 79   |
| ground veal .....                      | 36   | Watercress, fresh .....            | 72   |
| heart .....                            | 36   | Watermelon, fresh .....            | 72   |
| liver, calf .....                      | 36   | Wheat, rolled .....                | 78   |
| roasts .....                           | 36   | Wieners (see frankfurter).....     | 23   |
| steaks, chopped or cubed, frozen ..... | 36   |                                    |      |
| stew meat .....                        | 36   | <b>Y</b>                           |      |
|  |      | Yeast, active dry, compressed..... | 83   |

*Rev*





*Bread • Butter • Milk*



*Meat/Meat Alternates*



*Vegetables/Fruits*



*Other Foods*